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Opposition Social Democrats win EU polls

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Portugal leaders in pulling 'sickies'

In a survey that compares 24 countries Portugal has ranked second regarding the number of days its citizens take off, on average, per year due to sickness. It has been calculated that one in every three sick leaves is fraudulent. (See Page 3)

EU texting at 11 cents

New EU roaming rules will lead to further reductions of up to 60 percent on consumers' roaming bills as of 1 July – just in time for this year's summer holidays. (See Page 8)

Portugal squeeze in a much needed victory

Portugal ended their spell of draws by beating Albania 2-1 last Saturday, but the victory did not come without some tense moments as the winning goal only arrived minutes from the end. But the team's dreary performances continued midweek, when they only managed a goalless draw at Estonia in a friendly. (See Page 56)

Weekend weather

Lisbon: After a warm couple of days, rain is forecast for the Capital on Sunday and Monday, though temperatures will remain in line with averages for this time of the year. **Faro:** After a hot start to the weekend, temperatures will start dropping on Sunday along with heavy cloud cover which is expected to clear on Monday. **Oporto:** After a warm weekend, rain is forecast next Monday for the north before clearing on Tuesday with thermometers expected to rise once more to the mid-20s.

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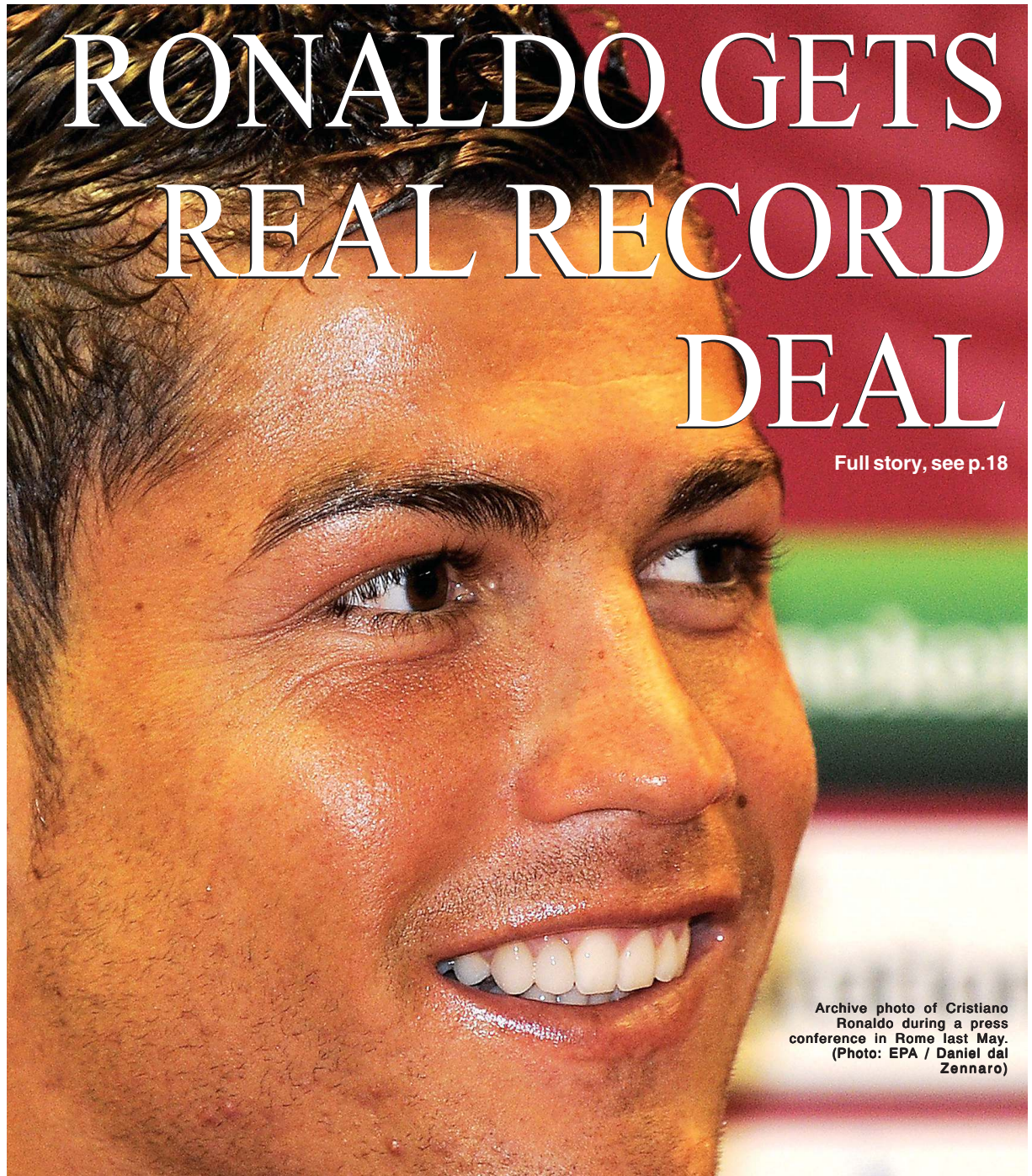
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Full story, see p.18

Archive photo of Cristiano Ronaldo during a press conference in Rome last May. (Photo: EPA / Daniel dal Zennaro)

THE PORTUGAL
News



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Content

News

National 1-7 & 11 • Regional 12-14 • World View 10 • Business 8-9 • Trading Places 15 • Sport 56

Readers' input

Letters 18 • Club News 16

Property

Property of the Week 19 • Prestige Properties 20-23
Property Directory 25-26 • Gardening 24

Feature pages

Eating Out 17 • More for Women 28-29 • Health 30-31
Paws & Claws 34 • Travel 35

Entertainment

Cinema 36-37 • Events 38 • TV Guide 39-45 • Mind & Soul 51

Advertising

Advertisers' Hotline 32-33 • Company Finder 46-50
52-55 Classified

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Opposition Social Democrats win European Parliament polls



The centrist Social Democrats have trounced Portugal's governing Socialists in European Parliament elections that saw Prime Minister José Sócrates' party lose votes to both right and left in the low-turnout polls.

With the tally from Sunday's elections for 22 MEPs nearly complete, the main opposition Social Democrats garnered almost 32 percent of ballots for eight EP seats compared to less than 27 percent and seven seats for the Socialists, five places less than they won in a larger parliament in 2004.

Opposition leader Manuela Ferreira Leite welcomed the results Sunday night as a sign her Social Democrats had recouped "the statute of the true and only alternative to the Socialists", promising to get to work Monday to win upcoming national legislative and local polls.

In conceding defeat, Sócrates said the European poll had "not put (his administration) in question" and pledged to "maintain the direction" of his government ahead of the national elections expected between September and October.

The head of the Social Democratic ticket, Paulo Rangel, said the polls' outcome should "inhibit" Sócrates from advancing with policies that could "limit room for maneuvering" of future governments, a reference to major public works projects, such as a high-speed train link to Spain, planned by the executive.

Electoral officials said abstention had risen to just shy of 63 percent in voting that witnessed all the parliamentary parties making gains with the exception of the Socialists. The number of blank ballots has almost doubled compared to five years ago.

The Left Bloc nearly doubled its 2004 showing to take nearly 11 percent of ballots for two EP seats, with the possibility of winning a third place depending on results from emigrant votes that were expected Monday.

Right behind the ultra-left



Opposition leader Manuela Ferreira Leite tastes some red wine during her visit to the National Agricultural Fair on 8th June in Santarém. (Photo: Lusa / Paulo Cunha)

bloc, the Communist-led CDU alliance also upped its share of the vote to almost 11 percent to keep its two seats in the European Parliament, and the right-

ist Popular Party improved its score with two MEPs.

In the last European polls, Portugal was entitled to 24 lawmakers in the Strasbourg parlia-

ment, that has since been reduced, in its total number of seats being shared among an expanded number of member states. TPN/Lusa

Centre-right clear winners across Europe

Voters across Europe have delivered gains for the centre-right with the Socialists losing ground. Results suggest that the centre-right European People's Party will retain their position as the largest group in the European Parliament.

The exact make-up of the groups will not become clear until the first sitting of the new assembly on July 14 when a new President and 14 Vice-presidents will be elected.

The European People's Party (EPP), led by Joseph Daul, still remains the largest group dropping from 288 seats (36.7 percent) to 265 seats (36 percent). The new figure does not include British Conservative Mem-

bers who have declared their intention to form a new group.

The Socialist Group (PES) under Martin Schulz had 215 seats (27.6 percent) and now has 162 MEPs (22 percent). They lost ground but will still be the second biggest group.

They are followed by the Alliance of Liberals and Democrats for Europe (12.7 percent), then comes the Greens/European Free Alli-

ance who have grown to 51 MEPs (6.9 percent).

The Union for Europe of the Nations Group (UEN) drop to 35 Members (4.8 percent), while the Confederal Group of the European United Left - Nordic Green Left (GUE/NGL) now have 33 MEPs (4.5 percent).

The Independence/Democracy Group led by Nigel Farage lose three seats and now have 19, while there are also 91 Members (12.4 per-

cent) who are not yet part of any group.

Some of these may join existing groups or seek to form new political groups.

The rules for composing a group in Parliament will become stricter in the new term. From July 2009, all political groups must include Members from at least seven Member States.

The minimum number of Members required to establish a political group is 25.

Portugal leaders in pulling 'sickies'



In a survey that compares 24 countries Portugal has ranked second regarding the number of days its citizens take off, on average, per year due to sickness. And according to the Minister for Labour and Welfare, Vieira da Silva, it is estimated that one in every three sick days taken is done so fraudulently.

It has been calculated that the Portuguese take an average of 12 days per year off work due to illnesses, of which muscular pain, stress and psychiatric disorders are the top-three most common complaints.

Portugal surpasses its neighbour Spain, where workers take an average 7.4 days' sick leave off work per year, and is beaten only by Bulgaria, where citizens are absent from work an average 22 days, due to illnesses.

Over the past months the number of sick leave requests processed in this country have

risen significantly; from March to April the number increased by 13.6 percent, a total of 16,000 people taking sick days off.

Since the beginning of 2009 some 125,272 cases of sick-leave have been filed, a dramatic increase of 125 percent in comparison to the same period of 2008.

After studying sick claims from 2005 to 2007 it was concluded that one in every three cases were bogus, something the Ministry for Labour and Welfare, led by Vieira da Silva, is currently working hard to beat.

EU deficit tops €50 billion

The European Union's deficit has risen almost ten percent the past 12 months figures released this week showed, rising by €4.6 billion since the beginning of 2008.

The European Union 27 external current account recorded a deficit of €50.8 billion in the first quarter of 2009, compared with a deficit of €46.2 billion in the first quarter of 2008 and a deficit

of €57.3 billion in the fourth quarter of 2008.

In the first quarter of 2009, the EU27 external balance of trade in services recorded a surplus of €15.3 billion, compared with a surplus of €18.5 billion in the first quarter of 2008 and a surplus of €17.1 billion in the fourth quarter of 2008. This provisional data, issued by Eurostat, will be subject to revision.

Chinese President may visit Lisbon next month

Chinese President Hu Jintao plans to visit Portugal in "the coming months", possibly in July, a Portuguese official said Wednesday.

"A trip (by Hu to Lisbon) in July is under consideration", visiting State Secretary for Trade Fernando Serrasqueiro told journalists in Macao.

"In this good climate of understanding, China defined a strategic partnership with Portugal, one of the few countries that enjoys such intimacy with China, and we think that [a Hu visit] is

possible in the near future", Serrasqueiro added.

A visit by the Chinese leader to Lisbon in the year that marks the 30th anniversary of bilateral diplomatic ties and the 10th anniversary of Portugal's handover of Macao's administration to Beijing would be the "culmination of an intense process", he said.

Former Portuguese President Jorge Sampaio visited Beijing in 2005.

Since then, the two countries' prime ministers have exchanged visits. *TPN/Lusa*

Economists hopeful holidays will boost national wealth

Economists are hopeful that the three national holidays that took place this week in Portugal will have helped to somewhat boost the national economy by stimulating consumerism.

Consumer watchdog organisation DECO said the two national holidays which took place on Wednesday and Thursday plus the municipal

holiday on Saturday (June 13th) in Lisbon may have created "a bubble of oxygen" for the struggling economy.

The consecutive holidays are hoped to have provided a reason for the population to relax their purse strings and indulge in a spot of leisurely spending, on things like travelling within the country, shopping, and eating out.



Minister of Labour and Welfare Vieira da Silva seen here at the Lisbon Congress Centre during a seminar 'How to beat the economic crisis? Means with which to fight the crisis'. (Photo: Lusa/Tiago Petinga)

Dry May worsens drought



At the end of last month 66 percent of mainland Portugal was in a situation of "severe" and "extreme" drought, worsened by a "dry" to "very dry" May, according to a weather report.

The report, by the national Met Office (IM), concluded that during last month the quantity of rain that fell on mainland Portugal was "far lower" than average figures for previous years, worsening the situation of an already dry country.

Inland northern Portugal and a large majority of central Portugal were worst affected by the lack of rain.

The Algarve is suffering a "slight drought", the northern coastline and a band of terrain north of the Algarve is suffering moderate drought.

Last month rainfall on most of mainland Portugal was less than 70 percent, in comparison to the standard average which is calculated from average monthly figures from 1972 to the year 2000.

Temperatures were also higher than previous averages, with an increase of 2.5 degrees on maximum temperatures, 0.1 degrees on minimum temperatures, and a global average rise of 1.4 degrees.

It was further confirmed by the IM that Portugal suffered a heatwave between May 2nd and 8th in various parts of the country.

"Tropical" nights, which have minimum temperatures of over 20 degrees, were another occurrence in places including Coimbra, Portalegre, Elvas and Mértola.

In Funchal, Madeira, and the Azores maximum, medium and minimum temperatures were also higher on average than comparative figures for 1971-2000.

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British pensioner saved by locals



A day after a 63-year-old French tourist tragically drowned off Odeceixe beach, near Aljezur - just 24 hours before the official bathing season started - a 78-year-old British tourist from Ponteland, UK, had a narrow escape on one of the Algarve's most popular beaches after he too was dragged out to sea by strong undercurrents. According to Alder Gofton he was saved by the efforts of a young Portuguese boy, who used his surf board to keep him afloat while waiting to be rescued by a lifeguard.



Mr. Gofton (left) and his rescuer, lifeguard Nuno Fernandes, shortly after the incident.

The incident took place on Praia da Rocha beach, one of the Algarve's longest which is hugely popular with holiday-makers and locals, and coincidentally happened on the same day that Portugal's official 'Beach Season' started.

The 'Beach Season' is the start of compulsory lifeguard vigilance on all of the country's beaches, hired by local municipalities. Before June 1st they are optionally employed by individual concessionaries.

Avid swimmers Alder Gofton, a retired Church of England priest, and his 75-year-old wife Gwenda were spending a week at the Boca do Rio resort in Mexilhoeira da Carregação with a family friend.

It was their first time visiting Portugal, which had been recommended by various friends for its scenic coast and enjoyable climate. The couple, who own their own body-boards and holiday regularly in Cornwall, had been looking forward to the Algarve's sea and sunshine.

On Monday June 1st they were taken by boat from the Boca do Rio resort, across the Arade River to Praia da Rocha beach to spend a few hours enjoying the good weather. Arriving at the beach Mr. Gofton said he had not seen any danger signs or flags flying, "only a Blue Flag" - an international award that distinguishes beaches of high quality.

Speaking to **The Portugal News**, Mr Gofton said had been enjoying the "rough surf" on the beach and was being careful to not swim out of his depth when he was caught in a rip tide and pulled out to sea.

"I always thought I was a strong swimmer but I began to realise that as much as I swam and tried to make it to the beach I wasn't making any progress. After about 15 minutes of struggling I began to feel a little numb and nervous".

A young boy and his father

who had been surfing nearby saw the holidaymaker's distress. The boy, believed to be aged around ten or 11, paddled over and pushed his surfboard underneath Mr. Gofton to keep him afloat.

"He set off swimming for the shore but the waves were too strong for him too and he also ended up in trouble. "Fortunately, the boy's father was already ashore and had alerted the life-guards", Mr. Gofton recounted.

Within minutes the young boy, whose identity remains unknown, was pulled from the sea, the lifeguard immediately returning to bring Mr. Gofton to safety.

"I feel that the young boy ought to get some kind of award or decoration for bravery. Unfortunately, I did not get his name", said Mr. Gofton, who gave the boy €10 - "which was all the money I had on me, to buy a new board as I fear he may have lost his".

The lifeguard, Nuno Miguel Tiago Fernandes of Portimão, is equally commended by Mr. Gofton.

"The life-guard spoke good English and ensured I hadn't swallowed too much sea water. He was grateful for my profound thanks, merely saying, 'It's my job.' However, I have written to him to express my gratitude and sent a gift".

"If it wasn't for him I don't know if I would have survived" Mr. Gofton emphasized, adding "he was absolutely magnificent. I have nothing but praise for him".

Mr Gofton and his wife have not been deterred by the incident.

Their daughter, Barbara Fox, explained "both my mother and father love swimming but my dad quickly gets bored in pools. It was a bit of a shock hearing about the incident but it does make you think how easily this type of thing happens. You read about it but you never think it could happen to you".

Negative report on US Internet gambling laws

The European Commission has this week published its report on US laws on remote gambling and their enforcement against EU companies.

This report is the outcome of an investigation into United States measures affecting foreign suppliers of Internet gambling services.

The report concludes that the US measures constitute an obstacle to trade that is inconsistent with World Trade Organisation WTO rules. As a result, WTO proceedings would be justified.

At the same time, the report suggests that the issue should be addressed with the US Administration, with a view to finding a negotiated solution.

EU Trade Commissioner Catherine Ashton said: "Internet gambling is a complex and delicate area, and we do not want to dictate how the US should regulate its market. However, the US must respect its WTO obligations. I hope that we will be able to reach an amicable solution to this issue."

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School colleagues appeal for return of girl sent to Russia

More than two dozen children who attend the same infants school as the young girl who was controversially taken to Russia two weeks ago by her estranged mother after the courts removed her from a Portuguese foster family of nearly four years, have appealed for Alexandra's return to Portugal.

Six-year-old Alexandra Skilauri's situation has moved the country. Two weeks ago she made headlines when Portuguese Courts ordered her return to her Russian mother after living for nearly four years with a foster family at the mother's request.

Natália Zarubina had lived in Portugal prior to Alexandra's birth and was described by the child's foster family as "unfit" to care for the child. Claims she worked as a prostitute and could not care for her daughter were waived by the courts who gave the woman legal custody.

These claims were later fuelled when international news stations showed footage of Alexandra being smacked by her mother just days after her forced return to Russia. Natália Zarubina was given orders to leave Portugal after she was found to be living here illegally.

She told Portuguese and Russian media that she had smacked her daughter for "being spoiled" after she refused to speak Russian, a language she never learned during her life in Portugal.

The six year old is living 350 kilometres from Moscow with her biological family whom she has never met.

Colleagues from the infants school that Alexandra attended in Encourados, Barcelos, organised a community gathering where they held up large sheets of card that read: 'Alexandra, we will wait for you'.

The children were given support by some 200 people from local Portuguese, Russian and Ukrainian communities who united to lend weight to pleas for the child's return to Portugal.

Under the banner 'For the Return of Alexandra to Portugal' the gathering took place in the Conde de Agrolongo Square in Braga, more commonly known as the Campo da Vinha.

Foster parents Florinda and João Pinheiro were also present and told reporters they were "hopeful and have faith" that the girl would be returned.

Last Sunday the local Russian community had also gathered to show their support for Alexandra's foster family.

Meanwhile Natália Zarubina has vowed she will not return to Portugal and she intends to "re-build" her life in Russia with Alexandra.

She told Russian daily newspaper *Komsomolskaia Pravda* that she had received "three extremely attractive proposals" from Portugal but she had no intention of returning.

Komsomolskaia Pravda, which has closely followed the



Children participate in a vigil in Braga to support little Alexandra Zarubina on 5 June. (Photo: Lusa/Hugo Delgado)

case, claims "A City Hall from one of the main cities in Portugal has made a proposal to Natália of free accommodation for her and her brother's family".

It continued "A company has promised to open a café for Natalia to work in. One of the richest men in the country have offered to pay for the family's

transport".

Whether there is any truth in the report remains to be confirmed in Portugal though it is believed Alexandra's foster father, a prominent northern businessman, had offered employment for Natalia to return to Portugal.

Quoting Natália Zarubina, the daily paper said she was afraid of

returning to Portugal as she believed the Portuguese would launch a new case against her to take away her daughter. She said they "accused her of prostitution and child neglect".

It further claimed Natalia had suggested the foster family continued to send money to Russia so "she could buy a house in good

conditions, with a bathroom, and so 'Sandra' will want nothing".

The family currently lives with Alexandra's grandparents who are responsible for covering all expenses and who have a joint income of around €450 per month.

According to Russian reports, Natalia Zarubina can only start to look for work as of September.

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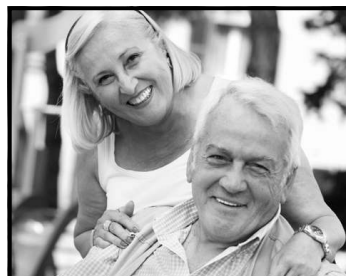
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AIDS deaths halved in six years



Aids sculpture (1989) presented by the gallery, Esther Schipper (Berlin), is displayed at the exhibition 'Public Art Projects' in the context of the international art show 'Art 40 Basel', in Basel, Switzerland, 08 June 2009. (Photo: EPA / Georgios Kefalas)

Between 2000 and 2006 the number of deaths related to AIDS and the HIV viruses in Portugal

fell by 50 per cent thanks to advances in increasingly effective treatments to which Portuguese patients have access, said the national AIDS/HIV

coordinator, Henrique Barros.

Talking during a European conference dedicated to the disease, which took place earlier this week in Lisbon, the National Co-

ordinator for the HIV/AIDS Infection said that greater effectiveness of treatments for the disease was a "tonic" in the fight against AIDS, and that better access to

No extra flu jabs for Portugal

Despite predictions that the number of flu cases could rise this coming Autumn/Winter season, Portugal's health authorities have asked pharmaceutical companies to keep the national stock at 1.6 million vaccinations, a similar amount to last year.

Reports claim that some of last year's flu jab stocks were in fact unused and returned to manufacturers.

Graça Freitas, sub-director of the General Health board said that last season a little over 1.5 million vaccinations were sold.

"This amount is enough for our objectives which are to gradually and consistently increase vaccinations within

groups that are at risk. We cannot ask firms for more", she said

Graça Freitas stressed that the vaccinations are not purchased by the State but are sold through pharmacies.

This year, due to the A/H1N1 strain of the flu virus (more commonly referred to as swine flu) it is expected that vaccination orders will increase despite common flu jabs not being effective against swine flu. The World Health Organization (WHO) also confirmed that regular seasonal flu inoculations are "little or not at all effective" against swine flu.

However, seasonal flu kills between 250,000 and 500,000 people per year around the world.

treatments is necessary, particularly concerning the costs entailed, which in many cases is out of reach in poorer countries.

Hence why, according to Henrique Barros, more is being done to raise awareness amongst pharmaceutical giants to the need for more social responsibility and more consciousness when pricing drugs.

"It will not be necessary, we hope, to go down the path of disrespecting the right to intellectual property and patents. It is about making the pharmaceutical industry understand the importance and relevance of this situa-

tion [in terms of public health] and they have the social responsibility of lowering their prices and making medicine accessible to those who need it", he said.

Regarding the incidence of AIDS within Europe, Henrique Barros said he was "concerned" about the possibility that the epicentre of the epidemic would shift to countries like Russia and the Ukraine, an area that is "above all else marked by an extensive presence of individual cases of drug-users". He believes it is urgent that quick preventative plans should be drawn up in that part of the world.

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Police through down their hats

Around 1,000 PSP police officers gathered outside the Portuguese Prime Minister José Sócrates' official place of residence on Tuesday took off their hats, throwing them on the ground as means of protest.

Unions representing the police force are looking for a proposal for new regulations to be approved, proposals which have so far been ignored by the Government.

Officers threw down their hats to demonstrate their discontent at being ignored. They have also promised further action if negotiations do not take place, hinting that on the 30th of this month many of the force's services could grind to a halt.

Organised by the ASPP Association for Professional Police Syndicates, the PSP's most significant representative, Tuesday's action was further reinforced by a breaking down of negotiations between the PSP and

the Ministry of Internal Affairs (MAI).

"We are tired of trying to negotiate with MAI and with the Ministry of Finance. To tell the truth, negotiations with the Ministry of Finance haven't even started yet. Now maybe the Prime Minister will have some sort of idea as to what is going on with the PSP", said Paulo Rodrigues, head of the ASPP.

Paulo Rodrigues headed the committee which recently handed a list of demands which they believe their professional status should entail, to PM Sócrates' press adviser.

"Does it make sense that a police officer does not have a 'risk' subsidy? Does it make sense that 60-year-old men are trying to fight evermore serious crime?", Paulo Rodrigues questioned in front of protestors who had made their way to Lisbon from all over the country.



Hundreds of police officers throw down their hats as part of a demonstration against the policies of the socialist ruling government in front the Prime Minister's official residence on 9th June. (Photo: Lusa / Mário Cruz)

Approval expected for rise in minimum drinking age



A proposed law change that will raise the minimum legal drinking age to 18 is expected to be approved by the Government before the start of summer this year.

This law change was suggested by the Institute for Drugs and Addictions (IDT), who were responsible for creating a National Plan for Problems Relating to Alcohol 2009-2012, with the aim of reducing alcohol-related trouble.

The IDT hopes the plan will be approved in the near future.

Raising the minimum drinking age from 16 to 18 is one of a number of measures that comprise the plan, which also includes lowering the maximum alcohol tolerance for drivers from 0.5 grams of alcohol per litre of

blood to 0.2 g/lb, for drivers with provisional licenses.

Leaving a meeting with official representatives, João Goulão, head of the IDT, said that the plan could be "approved in its entirety as soon as before summer" in parliament, but he admitted there would be difficulties in putting together an efficient monitoring system "in real time".

"The only way we can put an adequate system in place is by making those who sell alcohol more responsible" he said, adding that heavier fines may also be in the pipeline.



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Cheaper roaming prices next month



The ministers of the 27 EU Member States have this week formally adopted the new EU roaming rules proposed by the European Commission last September and approved by the European Parliament in April.

The new EU roaming rules will lead to further reductions of up to 60 percent on consumers' roaming bills as of 1 July – just in time for this year's summer holidays.

The new EU Roaming Regulation in particular makes sure that consumers do not pay more than

€0.11 (excl. VAT) for sending a text message while abroad in the EU.

Consumers will also be able to surf the web, download movies or send holiday pictures with their mobile without receiving 'shock bills' back home for having roamed this summer. Under the new rules, mobile operators must also bill their customers for roaming calls by the second after the first 30 seconds – instead of on a per minute basis, which is expected to cut phone bills by as much as 24%. Following the approval by the EU's Council of Ministers today, the new EU roaming rules will now become effective as of 1 July in all 27 EU Member States.

"Today's unanimous adoption by the Council of Ministers means that the new roaming rules have passed the very last procedural hurdle and will now bring instant benefits to consumers as

of 1 July. This is great news for European citizens who will be able to go on holiday this summer and roam with peace of mind and without the fear of 'shock bills'," said EU Telecoms Commissioner Viviane Reding.

After a political agreement was reached earlier this year between the European Parliament and Council, the European Parliament voted overwhelmingly (646 votes in favour, 22 against and 9 abstentions) of the Regulation at its April plenary session.

To speed up the process and make sure that the new roaming rules enter into force in time for the summer holidays, the ministers of the Member States this week adopted the so-called EU Roaming Regulation.

As the new roaming rules are included in an EU Regulation, they will become effective immediately on 1 July 2009 in all 27 EU Member States.

No change for rosé wine

Mariann Fischer Boel, Commissioner for Agriculture and Rural Development, announced this week that there will be no changes to the rules on producing rosé wine.

Over recent weeks, professional organisations from the wine-making sector have called on the Commission to keep the current ban on the blending of red and white table wines to produce rosé table wine.

"It's important that we listen to our producers when they are concerned about changes to the regu-

lations", she said, adding: "It's become clear over recent weeks that a majority in our wine sector believe that ending the ban on blending could undermine the image of traditional rosé. I am always prepared to listen to good arguments, and that's why I am making this change," the Commissioner said.

The 2008 wine reform included changes to the rules on wine-making practices. The implementing regulation, to be voted on by Member States later this month, will maintain the status quo for rosé wine.

Offshore Property Companies: Are you out of the woods with 1% Rates?

Legislation regulating Offshore Companies has changed for the third time within the past six years. After two punishing increases in 2002 and 2004 that saw "IMI" Rates for black-listed companies climb to 5% of property evaluations (some 10-fold normal assessments), the 2007 Budget introduces a more reasonable charge of 1% starting in 2008. Many Company Owners are now breathing a sigh of relief, in the hope that they were finally

out of the woods. Let us examine this premise to see where, in fact, Offshore Companies stand when compared to onshore options.

Uplifted Evaluations

Historically, Portugal has had substantially understated Rateable Values ("VPT") on property. In fact, when the rules changed in 2004, more than one half of properties accounted for less than 1% of the tax collected. At the other end of the spectrum, the top 1% of properties (the newest ones) paid over 30% of real estate levies!

The Property Tax Reform Act of 2004 changed the method of calculation and a new "objective" 5-point formula was introduced based on 1) size, 2) location, 3) type of usage, 4) age, and 5) quality of construction. Any property transfer now triggers a re-evaluation of the rateable value. In the meantime, Finanças has already made substantial progress in new appraisals with the balance due for completion in the next few years.

Needless to say, an ever-growing percentage of properties will pay their Rates based on these new uplifted appraisals so that any underlying increase will inevitably magnify the tax owed.

Corporate Tax on "deemed" income

A second punitive component against Offshores was also introduced in 2002 and still remains in force. Black-listed Companies must pay annual corporate tax ("IRC") based on "deemed" income equal to 1/15 of the rateable value of the property. Since new Rateable Values ("VPT") purport to be on average at 80-90% of market value, such an "IRC" assessment will look something like this:

VPT = €350,000
€350,000 ÷ 1/15 = €23,333
€23,333 X 25% = €5,833

Based on the same assumptions, annual "IMI" Property Rates will cost an additional €3,500 for a total annual assessment of €9,333. Add mandatory Fiscal Representation and IRC declaration costs and annual fis-

cal compliance costs total almost €10,000.

Onshore options based on the same assumptions would only have annual assessments of less than €2,000.

In summary, even with the reduction of Offshore Rates from 5% to 1%, an Offshore Company will pay 5 times the annual taxes as compared to onshore options starting in 2008.

Market Perceptions

It should not come as a surprise that Offshore has become a four-letter word in recent years. Property buyers are leery of Offshore Companies, whether black-listed or white-listed, under the justifiable perception that they want to avoid buying someone else's problem. However, if Offshore Companies are moved to Portuguese Nominee Companies, Capital Gains Tax rates drop 2½ fold (10% as compared to 25%), potentially saving many thousands of Euros at the time of sale. Buyers also achieve similar savings in Transfer Tax and Stamp Duty, creating a win-win situation.

Conclusion

It is important to go back to our starting point: legislation regarding Offshore Companies has changed 3 times since 2002. By any standard, such volatility constitutes a precarious basis for making any long-term decision. In addition to substantial tax savings and a positive perception at the point of sale, Redomiciliation of your Offshore Company to Portugal embraces a stable, mainstream solution sanctioned by Law. Rather than taking evasive measures, your strategy will be based on a fully compliant answer that allows you to pay the legal minimum.

Dennis Swing Greene is Senior Partner and International Fiscal Consultant for euroFINESCO, a Private Consultations can be scheduled in Guia (Albufeira) 289561333, Lisbon (Chiado) 21342421 and Funchal (Sé), Madeira 291221095 or at our renewed website: www.eurofinesco.com
Dennis Swing Greene

Portugal, Maputo sign infrastructure credit deal

The Portuguese Finance Ministry said this week Lisbon and Mozambique had agreed to open a line of credit of up to €300 million to back infrastructure projects involving Portuguese firms in the southern African country.

In a press release, the Ministry said a bilateral memorandum of understanding for the new credit line had been signed Friday.

Infrastructure projects in the energy, transport, and telecommunications sectors would be the focus of the initiative, along with investments in the fields of health, education and professional capacity building, the Ministry said. TPN/Lusa

New report on car prices across Europe available

The European Commission this week published its latest report on car prices in Europe with prices at 1 January 2009.

The report is a service for consumers enabling them to compare car prices across Europe so as to take advantage of the opportunities of the EU Single Market.

As in previous years, car prices continued to decrease significantly in the vast majority of Member States (-3.1% in real terms).

As several European currencies devalued strongly against the euro and consumer demand in Member States was hit to different degrees by the economic crisis, price differences between Member States increased. The report and its main highlights are available at: http://ec.europa.eu/competition/sectors/motor_vehicles/prices/report.html

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Bank of Portugal chief refutes blame over lack of regulation



The Governor of the Bank of Portugal has denied any responsibility in the shambles surrounding the nationalisation of BPN bank and says his appearance in Parliament this week was political and based on misinformation.

Vitor Constâncio, contrary to demands by opposition MPs, told a Parliamentary sub-committee on Monday that he would not stand down as head of the Bank of Portugal.

MPs have been insistent in pointing the finger of blame at the Governor. They accuse Constâncio of having lacked in exercising banking regulations and charging he was negligent in overseeing the banking sector, especially concerning the now nationalised bank, BPN, whose shady business dealings some MPs have suggested were overlooked by the Governor and his staff.

But the leader of the regulatory body has defended his actions and that of the bank by saying the institution did its best and acted as well as could have been expected.

"Don't think I will be resigning at the request of MPs", said

the leader of the Portuguese central bank, who has been at its helm for almost a decade.

Banco Português de Negócios (BPN) was nationalised last autumn by the Lisbon government after running up accumulated losses of 700 million euros.

At the time, Finance Minister Fernando Teixeira dos Santos, said he had rejected a rescue plan for the bank because it was not in the best interests of Portugal's taxpayers. BPN's problems lay in financial operations of "dubious legality," the Minister said.

Portugal's state-owned Caixa Geral de Depósitos (CGD) bank has taken over management of BPN. The bank's nationalisation was the first state acquisition of a bank since the flurry of state takeovers in the wake of the toppling of Portugal's dictatorship in 1974.



The Governor of the Bank of Portugal, Vitor Constâncio during an enquiry in Parliament on 8th June in Lisbon. (Photo: Lusa / Mário Cruz)

Sonae boosts Eastern Algarve with multi-million euro shopping centre



In what appears to be part of a shopping centre boom in the Algarve the Sonae Group has lent a significant financial boost to the eastern part of the region by inaugurating a €15 million shopping centre in Tavira that has directly created 273 jobs.

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Owned by Matifer and managed by the Sonae Group the Tavira Gran Plaza comprises four of the Group's key base retail brands (Continente, Área Saúde, Bom Bocado and Book.It) as well as five specialist brands (Sport Zone, Worten, Worten Mobile, Modalfa and the Zippy Kidstore).

This recent opening is evidence that the Group continues to invest heavily in high-value projects that have the potential to stimulate local economy.

Sonae's presence in the Algarve is now firmly established, with 65 shops (10 Worten, eight Worten Mobile, eight Modalfa, seven Sport Zone, six Área Saúde, six Modelo, five Continente, four Star Travel Agencies, three Maxmat DIY stores, two Bom Bocado, two Book.it, two Zippy, one Loop and one Vobis), as well as three shopping centres: Guia's AlgarveShopping, Continente Shopping Centre in Portimão and the Modelo Shopping Centre in Albufeira. Altogether, the ventures have created more than 2,200 jobs across the region.

Pedro Salazar, Public Relations Manager for Sonae, said "With these new units we have increased our closeness to all Algarvean families and tourists who, year after year, seek this region and to whom we continue to offer the best value, found in our variety and quality of products, with the lowest prices on the market".

Tavira Gran-Plaza was opened on June 5th and aims to serve the areas of Tavira, Vila Real Santo António, São Brás de Alportel and Olhão, offering 1,045 car parking spaces.

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Berlusconi on the Slide?



Italian Prime Minister, Silvio Berlusconi, casts his vote for the European Parliament elections in a polling station in Milan, 07 June. Elections for the European Parliament took place in Italy over 06-07 June, with voting for Italian provincial and municipal elections scheduled for the same weekend and 50.6 million Italians eligible to vote and elect a total of 72 candidates, compared to 78 members at the last elections in 2004. (Photo: LUSA/EPA/Daniel dal Zennaro)

Foreigners who look at Italian Prime Minister Silvio Berlusconi see a ridiculous old goat with megalomaniacal tendencies and a history of white-collar crime, and wonder why so many Italians keep voting for him. Those who don't vote for him explain that he controls most of the country's television networks — and that his antics actually appeal to that considerable section of the population who dream of being rich and brazen enough to get away with blatant public misbehaviour.

Until recently Berlusconi looked completely invulnerable, but in last weekend's elections for the parliament of the European Union only 35 percent of Italians voted for his People of Freedom party. He had predicted that 45 percent would. Is it possible that Italians are turning away from "Il Cavaliere" at last?

The source of the funds that let him become a major real estate developer and then a multi-billionaire media magnate remains obscure. Accusations that he had links with the mafia have never been properly refuted. Prosecutions against him for corruption and bribery have been stalled by his lawyers until they expired because of the statute of limitations. (In some cases, he used his political power to move the expiry date up.) But having an affair with an 18-year-old may have been a step too far.

Silvio Berlusconi is 72 years old, but his hair transplant and perma-tan make him look younger. His habit with surrounding himself with attractive young women has long been indulged by Italian voters, although it clearly annoyed his wife, Veronica Lario. When he publicly told former showgirl (and now cabinet minister) Mara Carfagna that "I'd marry you like a shot if I wasn't married already" in 2007, Lario demanded and got a public apology. This time, however, she demanded a divorce.

As Berlusconi's sense of invulnerability has grown, he has thrown caution to the winds. In April, he drove to the outskirts of Naples to attend the birthday party of 18-year-old Noemi Letizia and gave her a gold necklace worth thousands of dollars. She calls him "Papi" (Daddy), which would be awkward enough if it were true (since he has been married to Veronica Lario for thirty years), but his relationship with Letizia may not be paternal.

It subsequently emerged that Berlusconi flew Letizia, then 17, over to his private estate on Sardinia last Christmas. Her ex-boyfriend alleged that Berlusconi had phoned her out of the blue after seeing her photographs in a model agency's brochure. At this point Veronica Lario's patience finally snapped: she told the media that she was disgusted by his behaviour and that she would not remain the wife of "a man who consorts with under-aged girls."

Berlusconi tried to shrug it off as usual, offering a series of increasingly implausible explanations for how he came to know the girl, but this time something was different. Despite the tight control he exercises over his own media and also the state-owned channels, the story could not be contained, and many Italians who had tolerated all his previous pec-

cadilloes felt that this time he had gone too far. Hence the sharp fall in the Freedom Party's vote this time.

But is this the start of a major shift in Italian politics, or only a blip on the graph? If I were a betting man, I'd bet on the blip.

The Italian "economic miracle" ended 25 years ago, and the Italian state is all but broke. Fiscal irresponsibility has been the hallmark of almost all Italian governments since 1945, and the country only avoided the dire consequences of that by continuously devaluing the lira and inflating its debts away. Since it swapped the lira for the euro, however, that escape hatch has been closed.

Few voters are willing to bear the intense and long-lasting pain that would be involved in putting Italy back on the fiscal straight-and-narrow. No sane politician wants the responsibility of imposing that pain on the country. So the field is left clear for political conjurers like Berlusconi, magical thinkers who can persuade themselves and everyone else that everything will be all right.

The affair with the 17-year-old is embarrassing, but it will be mostly forgotten by the time there is another national election in Italy, and Berlusconi has already discovered his next populist platform. He is going to become Italy's defender against the immigrant hordes.

"What immigrant hordes?" you could reasonably ask, for only 4 percent of Italy's residents are foreign-born. But Berlusconi knew exactly what he was doing when he said in an election speech: "When I walk down the streets of Milan and I see the large numbers of non-Italians, I feel like am no longer in an Italian or a European city but in an African one."

Up till now, openly racist talk has been the specialty of Berlusconi's coalition partners in the Northern League, but Il Cavaliere is going to steal their clothes. He will be around for quite a while yet, and the day of reckoning will be postponed yet again.



Gwynne Dyer is a London based independent journalist whose articles are published in 45 countries.

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'Illegal' Briton freed along with Senegal 'boatpeople'



A Cape Verde court on Monday freed Briton Graham Hughes and ten Senegalese who were detained after arriving in the islands last week without visas, lawyers said.

Mário Novias, the lawyer representing Hughes and his Senegalese fellow travellers, said all 11 detainees were ordered to be freed after he filed a habeas corpus appeal.

The UK national was reported by the Lusa News Agency as saying he had come to Cape Verde as part of a charity fund-raising bid involving visits to all 192 member states of the UN.

Graham Hughes from Liverpool had earlier told Lusa he had been kept in a small police cell for

48 hours after his arrest before being allowed to phone his family in the UK. Hughes said he had not been allowed to contact a lawyer or British consular officials. "I don't know what I'm accused of," said Hughes.

He told Lusa he started his globetrotting tour in January in Uruguay. He said he had hired a Senegalese fishing boat, a canoe-like vessel known as a pirogue, and its crew to ferry him to Praia, where he had planned to shoot some video footage in the archipelago's capital.



English adventurer, Graham Hughes with 34 year old Senegalese fisherman M'beye Faye detained on Wednesday on their arrival in Cape Verde. (Photo: Lusa / José Sousa Dias)

Saramago's next book out in October, says Nobel author

Portuguese Nobel-laureate José Saramago has announced his next novel will be published in Portugal and Spain in October.

Declining to reveal the title or other details, Saramago, 86, said on Wednesday that his new book would be like a "candle that burns brighter as it reaches its end".

The author, who won the Nobel literature prize in 1998, made the announcement whilst speaking at a literary conference in the north-western Spanish city of La Coruña, where the veteran Communist activist also addressed a variety of political issues.

Saramago reiterated his support for a common Iberian state combining Portugal and Spain and said world leaders had

"lulled to sleep" the public in the face of the global economic and financial crisis.

He said the left was "not up to the task" in offering alternative ideas for resolving the crisis.

Referring to recent difficulties in Italy in publishing his last book, "O Caderno de Saramago", in part critical of Prime Minister Silvio Berlusconi, he said the problems were due to "the stupidity of one 'senhor' and the cowardice of others".

He recalled that he had had difficulties in publishing years earlier in Portugal due to opposition from some sectors of the Catholic Church. TPN/Lusa

Investigation into CIA flights completed - Attorney-General

The Attorney-General's office has concluded its investigation into the alleged use of Portuguese airports and airspace by the US CIA to illegally ferry terror suspects to the Guantanamo prison in Cuba.

Deputy Attorney-General Cândida Almeida confirmed last Wednesday that the investigation, which took about two years, had been concluded, but declined to elaborate on its findings.

However, some media reported the case had been shelved. Socialist MEP Ana Gomes, one of two plaintiffs who initiated the investigation through a

criminal complaint in 2007, said she would not drop her fight to uncover the truth on whether Portuguese governments between 2002 and 2006 had been complicit with the CIA's extraordinary rendition programme.

Portuguese officials have repeatedly denied any wrongdoing or knowledge of the secret CIA flights. TPN/Lusa

Portuguese man drowns in failed illegal US entry bid

A Portuguese man who died while attempting to cross the Niagara River from Canada to the United States last month had been deported from America last year, police said last Monday.

A detective in the New York State Police told the Lusa News Agency by phone that the body of Sérgio Conceição, 35, had been handed over to his family in New Jersey after being found in the lower Niagara River on May 31. Conceição's family were contacted using his cell phone and his body later

identified using dental records, the officer said.

The Portuguese expatriate had been deported from America in November 2008 and subsequently travelled from Portugal to Canada to work while he planned an irregular entry into the US to join his family in New Jersey. TPN/Lusa



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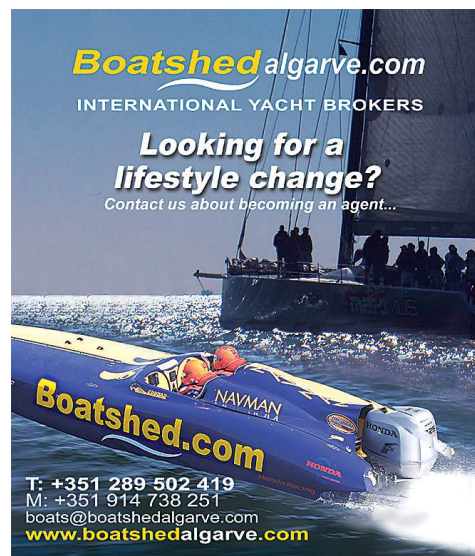
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Wolf Valley Raises €40,000



The Wolf Valley Charity Fund (WVCF) raised €40,000 at its 10th Anniversary Charity Day on Saturday May 30th, 2009. This brings the total raised by the WVCF to €620,000 in 10 years.

The Charity Day was blessed by excellent weather with 142 golfers playing on the Royal and Ocean courses.

Highlights of the afternoon were Clive Dunn signing copies of 'Permission to Speak', his hilarious autobiography and the 'removal' of Brian Smith's beard. The WVCF president had grown a beard and donated its removal

to the Charity. The 'Beard Fund' raised €1,165 for the Charity.

The highlight of the evening was the auction conducted by Rosemary Conley CBE, the well known health and diet guru.

Brian Smith, president of the Wolf Valley Charity, stated that the success of the Charity Day was due to the overwhelming support of the Vale do Lobo

Group of Companies as well as corporate and other sponsors, patrons, programme advertisers, donors (especially Vale do Lobo residents), other well wishers and the WVCF committee.

This year the WVCF is supporting Existir with a new specially adapted vehicle; UNIR with five computers, that have just been delivered; and other charities as their requirements become known.

Now in its 10th Year the Wolf Valley Charity Fund was founded by a group of Vale do Lobo residents with the aim of supporting local Portuguese charities and people in need, including the disabled, the under privileged and the socially deprived.



Clive Dunn book signing.

Midsummer dance

A dance will be held on the 25th June to celebrate Mid Summer, the tickets are €10 to include a welcoming drink and canapés.

The event will be held in the Silves Cine Theatre with live music by Collar and Cuffs.

The theme is black and white dress, the time is 8pm till late and there will be a grand raffle.

All proceeds from the event will be donated to Castelo de Sonhos.

Tickets can be obtained from the Castelo office in Silves 282 441 089 or Celia 282 332 665 and Deanna 282 445 902.

Cash for kids



Umberto, one of the administrators receiving the cheque from Jackie King, Pastor, Tavira Christian Centre

Tavira Treasure Charity Shop has only been opened six short months but already it is making a difference thanks to the generosity of the Portuguese and the foreign visitors who flock into the shop each Wednesday afternoon. Some bring items for sale; others purchase; many do both.

On 8th June Tavira Christian Centre, the church responsible for the setting up and running of Tavira Treasure, donated €500 to Uma Porta Amigo, to assist them in their summer activities. Their Pastor, Jackie King, told *The Portugal News*, "We are a small group with a lot of over-

heads. Until these last few months we were unable to help the community as much as we would have liked, but now, thanks to the generosity of those who give their time, those who bring items for sale and those who purchase from the shop, we are starting to make a difference in the community. We only have two problems. We need volunteers so we can open more frequently and we need larger premises so we can expand the work".

Those wishing to help can contact Jackie on 281 322 857 or jackieandmo@yahoo.co.uk

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An event took place in Cheers, Almacil on 24th May to raise funds to help Anderson de Jesus Semedo seen above. The total income raised was €2,500 and will be utilised for his medical expenses. There were many sponsors and the main organisers were Daniel Pires and Dília Pontes. The event was a success with over 100 guests.

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Blue Water Algarve Summer Fun Sailing Weekend

Blue Water Algarve is organising a fun sailing weekend on 3rd, 4th and 5th July. After great success in previous fun sailing events, it promises to be fantastic fun.

This year's event is guaranteed to succeed as it will be the combination of Lagos Marina's 15th anniversary, Rally Portugal's 15th anniversary and Blue Water's 10th, so huge crowds are expected to be in the area with around 35-40 boats and around 250 participants.

The event will consist of five races over three days.

Join the fun and participate! Crew a sail boat for a day, all skippers are extremely friendly and could do with an extra hand on board. Each

ticket costs €40 per person (€50 for skipper and boat) and it is great value for money as the ticket offers berthing during the event, Musto race shirts, drinks during race results (sponsored by South Bar), and entrance into an all inclusive Greco-Roman themed party on 5th July, to be held at Duna Beach Bar.

For more details please contact Bluewater Algarve on 282 792 455, email events@bluewateralgarve.com or head over to their office in Lagos Marina.

Beatings and bicycle accidents top Eastern European fatalities



A study conducted by a doctor from the Hospital Central de Faro has shown that the main cause of death for Eastern European immigrants living in the Algarve is beatings to death, followed by being run over and bicycle accidents.

The comparative study between the Portuguese population and immigrant community confirmed a greater number of homicides by violent beatings happen among immigrants, usually in work or traffic related situations.

Between 2001 and 2004, during a phase of major construction in Portugal due to the Euro 2004, there were a lot of violent deaths registered in the Algarve, said Aníbal Coutinho, author of the study 'Causes and Risk Factors of Violent Deaths in Immigrant Populations'.

It compared causes of violent deaths amongst 166 Portuguese victims and 85 Eastern Europeans living in Faro between 2001 and 2004. It also indicated that over 50 percent of the Eastern European victims of violent beatings were residing illegally

in the country and that the majority of these individuals had superior literary skills to those

Portuguese in the same situation. The average age of the victims differed as well, with the East-

ern Europeans averaging 35.7 years of age and the Portuguese 47.9.



Minister of the Interior Rui Pereira during the inauguration of the new immigration office in Portimão in August last year. (Photo: LUSA/Vasco Celio)

A get together for special people

Over 100 young people attended a party organised on behalf of ACCA on 23rd May. They were from NECI (Lagos), APEXA (Albufeira) and EXISTIR (Loulé) all organisations that care and enhance the lives of those who are seriously handicapped and cannot be part of normal society.

These young adults enjoyed a party at the Sandbanks Beach Bar in Vale do Lobo, where they were invited to sing along with Karaoke to one of their favourite artists Manuel Velez. They also were entertained by Clown Sylvia.

Many of them danced in wheel-

chairs or attempted the mini-golf course, they enjoyed the beach party atmosphere and an enormous cake.

Although many charities across the Algarve often donate money to these organisations, the members look forward to this outing all year as they can really relax, have fun and meet others like themselves. Each day their assistants provide a brilliant service, encouraging them to learn or paint or create handicrafts, which were on sale at the event. Each received a gift of films or DVDs at the end of the day.

Charismatic Algarve artist inaugurates own gallery



David Haines, one of the Algarve's most enigmatic artists, has opened his own gallery in the arty, historic quarters of Loulé.

His straw hat is now as recognisable as his art work as David Haines reaches a goal in his career.

In his first interview nearly five years ago the outspoken artist jokingly told *The Portugal News* that he wanted to be famous in Portugal within a few years. A short time later he had indeed carved out a following of

clients that resulted in commissions being exported all over the world, recently culminating in his own gallery in one of Loulé's most desirable quarters.

An artist since childhood, David initiated his career in Portugal by creating flawless reproductions of Van Gogh masterpieces that sold before the paint

had dried. He then moved onto selling his own pieces in various styles that were equally as popular.

Located in one of Loulé's oldest buildings opposite the municipal gallery, David Haines' gallery, which opened last weekend, showcases all his latest work. It is situated in the Square of D. Pedro

1st, a tourists' gem with an archaeological dig, an old working 'fonte' and popular tea-room/gallery Chad' Arte next door.

Open weekdays from 10h00 - 17h00, (lunch 12h30 to 13h30) and Saturday from 10h00 to 14h00. For more information contact: 968 290 627, or see www.wdjhainesartist.ifp3.com.



David Haines with guest at the gallery inauguration.

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Lisbon goes LED



Lisbon Council will be replacing traditional light bulbs for LED (Light Emitting Diodes) lights at 567 traffic lights by September, which in turn will save the Council €33,000 per year in energy consumption.

This replacement for lower-consumption bulbs is one project of the energy and environmental strategy being carried out by Lisbon's agency, E-Nova.

The delegated administrator of Lisbon's E-Nova, Livia Tirone, hopes that the replacement of all 567 traffic lights, in downtown Lisbon, Marquês de Pombal and Avenida da Liberdade, will be completed by September this year.

Besides saving the Council €33,000 per year, using the LED bulbs will represent a reduction of 160 tonnes of CO₂ released into the atmosphere.

There are currently only eight-teen traffic lights using LED bulbs in the City.

LED bulbs consume around 80% less energy than traditional ones, and also last much longer, representing all around benefits for both the environment and the Council.

Cascais will also be employing Lisbon's strategy, with hopes of replacing 200 public lights for LED's by September, expecting to reduce the Council's figure of 79% of energy consumption related to public illumination. The investment should be returned after only seven

years, stated the Chairman of Cascais Energia.

Cascais is one of the six hundred European cities, and one of seven in Portugal, which joined the Councils Pact, an initiative launched to emphasize the Councils' role in reducing energy consumption by the 3 X 20 objectives, which are: reduce greenhouse gas emissions by 20%; improving energy efficiency by 20% and ensuring 20% of energy consumption is provided by renewable energies.

In Lisbon, on the same day of the announcement of the LED replacements, EDP signed a protocol which will allow electric charging stations to be used by the public in two weeks time. Until now, the six existing charging stations could only be used by Municipal Police and Urban Hygiene vehicles. By the end of the year it is calculated there will be one hundred charging stations in Lisbon, according to a commitment between the Government and Lisbon Council, to promote the use of electric vehicles. By the end of 2010 it is hoped there will be three hundred and rising to seven hundred by the end of 2011 in the City.

'Cleaner' cleaning of Lisbon streets

Lisbon's streets are now being cleaned with recycled water from Chelas' and Alcântara's residual water treatment stations, as part of Lisbon's new energy/environmental strategy.

Cleaning the streets of Portugal's capital city require around two million cubic metres of potable water per year, whilst the ETAR treatment stations of Alcântara, Beirolas and Chelas dumped around 60 million cubic metres of treated water out to the Tagus River at the same time.

Now, in line with a protocol established between the Council, EPAL and Simejo, all the street cleaning will be carried out with treated residual water, saving the Council money and also the environment.

Another measure announced by Lisbon Council on 'Environment Day' is the creation of fifteen new electric and electronic waste collection points, where people can leave their out-of-use household appliances, lightbulbs, cables, televisions, computers, faxes or printers.

These collection points should be ready in two weeks time, according to Lisbon's Deputy Mayor José Sá Fernandes and E-Nova's delegated administrator Livia Tirone.

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Lisbon Mayor António Costa, accompanied by Bento dos Santos, during the presentation of 'Lisboa À Prova', Lisbon's biggest gastronomic competition. This competition, created and organised by Única, has restaurants competing against each other with what they have to offer, such as gastronomy, facilities and equipment, as well as the quality and diversity of their services. In October, awards will be given to restaurants in three different categories: Traditional Cooking, World Cooking and Contemporary Cooking. (Photo: Andre Kusters/LUSA)

Lisbon shop dedicated to Obama's pet



A shop located in Lisbon, Wonder, is selling several products dedicated to 'Bo', President Obama's Portuguese waterdog.

Luis Alegre, owner of the shop located in Campo de Ourique, Lisbon, explained that the shop already existed beforehand and sold a collection of diverse products, but they have recently changed their concept: "... we will continue to have the same products, but now the idea is to offer an extra range each season. Every three months we will have an exhibition and themed products, of which Bo is the first ex-

ample."

The themes will be of a light-hearted nature, but always in relation to the Portuguese, or Portuguese made items. In Luis Alegres' view, President Obama's waterdog has sparked curiosity about the Portuguese population: "The Portuguese are delighted by this interest in Portugal's presence in the world, even if it is only Barack Obama's dog" said the owner of Wonder.

Lisbon Airport's biggest cocaine bust ever



Over 700 kilos of cocaine, hidden in decorative stones, were seized at Lisbon Airport this week in a container coming from Brazil, informed Customs officials.

The container, carrying 759.65 kilos of cocaine, was en route to a company based in Lisbon, but the loading permit raised authorities suspicions, which ultimately led to the airport's biggest cocaine seizure.

After detecting the illicit substance, Customs informed the Judiciary Police, who then arrested a 43 year old Portu-

guese entrepreneur living in Sintra.

During searches, authorities also seized two firearms, vehicles and mobile phones, among other items.

The group is thought to be part of an international criminal organisation that has used Portugal as a gateway to deal in drugs throughout Europe.

Mega arms capture in Sintra

Judiciary Police announced the arrest of four men in Sintra this week in connection with a major weapons trafficking network.

The National Counter Terrorism Unit, in conjunction with Sintra's Public Ministry, apprehended 79 firearms on Wednesday. A total of fourteen revolvers, twelve pistols, twenty seven

rifles, two silencers, seven telescopic sights, five essential parts of weapons, a holographic aiming device and a large quantity of ammunition were seized during the operation.

The arrested men were released after a Court hearing but must report to authorities on a regular basis.

BAFTA-Winning Director speaks at WRVS AGM

Forty of the 111 members of the WRVS (Women's Royal Voluntary Service) attended their AGM, hosted by the British Ambassador's wife, and Honorary President of the WRVS, in the delightful setting of the Ambassador's Residence, Lisbon on 31st March. Throughout the year, IWP members, many of whom also belong to the WRVS, have held and attended fund-raising coffee-mornings and lunches, donating a fantastic, and much-appreciated €1,501 to the WRVS.

The two groups work closely together and the WRVS looks forward to a continued and growing partnership.

Heather Shiell, Chairman of the WRVS, outlined the work carried out by the organisation, including hands-on work and donations to eight Portuguese homes and organisations helping the needy, the orphaned, the sick and especially handicapped children and adults.

The group were then enter-

tained with a talk by Herbert Wise, an Austrian-born film and television director. He entered TV in 1950 and directed many drama series, still shown today: I Claudius; episodes of Inspector Morse and Cadfael; and Elizabeth

1. His work changed television drama and he was honoured by BAFTA (British Academy of Film and Television Awards) for his Outstanding Contribution.

If you feel you could help the WRVS in any way contact

Heather Shiell on 21 487 2155.

The WRVS' next major fund-raising event will be the Car Boot Sale at Carcavos Market on Saturday 26th September, from 10am to 2pm. Book your car-pitch soon by contacting Heather.



Back L-R: Sarah Lopes, Ruth Lindley, Ruth Hurst, Teresa Ellis (Honorary President)
Front L-R: Heather Shiell (Chair), Fiona Walker Wise, Herbert Wise, Barbara Gray, Margot Walker

Furnish your home with Style



Now in their 10th year of business, Style Furnishings have, since being established in August 2000, been supplying the region with a range of quality individual furniture items to comfortably and stylishly equip any home on any budget.

A good selection of what Style Furnishings offer can be seen first hand in their Alcantarilha showroom or why not visit their user-friendly website, www.stylefurnishings.com. From well-known English beds to sofas, dining sets, mirrors, headboards, cabinets and chests of drawers, Style Furnishings comprises everything necessary to make a house a home.

Not forgetting their unique metal wall-mounted sculptures, hand crafted under the direction of the studio's master sculptor. With over 75 designs in a range of themes these pieces will make a statement on any wall.

Owner Elaine has been the true driving

force behind the business's success, dedicating all her time to achieving 100 per cent client satisfaction. She carries out all her own deliveries across the region to ensure they arrive on time, and offers personalised consultations in the showroom.

And it has paid off.

Positive word of mouth has been Style Furnishings' best form of publicity and they now have a large portfolio of happy shoppers, whose comments include "Thank you so much for delivering our latest beds on time with your usual immaculate service" (R.S. Albufeira), and "We are very happy with both service and value for money of various purchases we have made at Style Furnishings" (F.P. Boliquireme).

If you want to furnish your home, affordably refresh your rental property for next season, or simply give one of your rooms a revamp, visit Style Furnishings now.

'Let the Magic In' UK groceries



Let the Magic In is THE place to go for all your UK grocery products – with the biggest choice, at the right price and under 2 roofs (as the business now occupies two shops)

The longest-established, English-owned, British supermarket in the Algarve (nearly 7 years) proves they really have got it right. However, they still constantly strive to improve the customers' shopping experience – they were the first to introduce loyalty cards (nearly a year ago); their very keen pricing policy (as an independent retailer they can negotiate the very best deals from suppliers); their customer service is second to none – including a monthly newsletter to keep customers informed of new products, special offers, tasting days (again, they were the first to introduce these very successful events), and a competition that is eagerly awaited by regular shoppers!

The first thing you will notice when you enter the shop is the well stocked shelves and huge range of products. Well-known brands alongside the value equivalent gives you more choice. Many customers comment on how Let the Magic In reminds them of major supermarkets in the UK because they seem to have everything you need.

In the frozen section look out for hard to find products like minced lamb, giant Yorkshire puddings, real dairy cream and jam doughnuts, chunky croquettes, lamb shanks, Scottish kippers, tatty scones, scotch pies, Lorne sausages, original Melton Mowbray pork pies, battered chip shop Haddock, Mr Brains faggots, New Zealand lamb, honey glazed parsnips; Irish, Lincolnshire, pork & leek and Cumberland sausages; to name just a few from over 100 ranges of frozen imported UK products. And not just food! Over

12,000 greeting cards covering every occasion at the lowest prices too. €1.65 for any card or any 4 cards for €6 AND you can use your loyalty card to get them even cheaper. Over the years they have amassed over 1,000 second hand books with their book exchange club – there is something for everyone.

They can boast the lowest priced Kingsmill bread in the Algarve at €1.99* (with your loyalty card*) baked beans are only 58c, any 5 bars of chocolate for €3.60 with over 40 to choose from! You can easily fill a large shopping bag full of imported UK products for under €20 at Let the Magic In.

If you have never visited them before then a good day to go would be Saturday 20th June when they will be holding a cheese tasting day. Sample the most delicious range of Flavoured Cheddars, Wensleydale, Double Gloucester, Cheshire, Stilton and Mature cheeses you have ever tasted, over 20 to try!

Listening to customers' requests for nearly seven years has shaped the product range into what it is today, vast, giving you what you want. Diana and Martin's expertise in different areas ensures Let the Magic In can adapt and change as the market dictates with you, the customer, always the main focus. Their slogan "pay less for more" can be seen in action by customers leaving with Martin carrying their full carrier bags to their car in the shop's own car park. So, whether you were in the shop last week, last month, last year or it's your first visit you can be sure you will find exciting products, extensive ranges and the keenest prices at Let the Magic In. They are so proud of their shop that you can see photos showing the aisles and lots of the products on their new website.

VIP Veterinary Surgery celebrates its first anniversary

VIP Veterinary Surgery has recently celebrated its first birthday and the three partners: Scott Miller, Lars Rahmqvist and Geoff Platt are absolutely 'stoked'. They are 'stoked' because they are all from Australia.

The three VIP vets come from three different states of eastern Australia. It was at a party in London two years ago that Scott floated the idea of opening a veterinary clinic together in a town called Lagos, in Portugal. As all three of the boys had visited the Algarve previously, the topic was enthusiastically received and settled within ten minutes. About a year later the door to the VIP veterinary clinic (in Lagos!) was opened. Scott, Geoff and Lars had all seen many veterinary hospitals in their careers, and agreed that if they were going to set up a clinic, they wanted it to be one of the highest standard.

All three vets had worked in different types of veterinary clinics and engaged in different types of veterinary practice. Together they came up with a list of what equipment their surgery would need. These items were then sourced from all over Europe, especially Germany and the UK. Scott opened VIP in April, 2008 with the tireless help of his wife, Zo. As fortune would have it, a very keen and capable girl called Emma applied for the vet nursing

position and together they took VIP through its first year. The clinic services the pets of the Algarve, and also for those pets who don't mind a bit of a car journey (they have a couple of dogs who are driven down from Lisbon just to see them). The clinic has booked-in consultation hours between Monday and Friday and again on Saturday morning. VIP has just started offering a horse service as well.

In the last month, there has been a changing of the guard at the clinic. Scott has gone back to the UK as he and Zo are having a baby soon. Scott has also managed to get in a quick bit of voluntary work with wildlife in Spain. Lars has settled happily into the clinic, with his (sort of) border-collie, Norm. The amazing Kay has also started at VIP. When they are ready, Scott and Zo will come back to Portugal and Scott and Lars will be working together at VIP. Something both partners are very excited about. VIP Veterinary Surgery has advice on all aspects of pet health and nutrition. They stock the highest quality pet food and parasite control drugs. Diagnostic procedures (including Xrays) are carried out on site. All orthopaedic and soft tissue operations are done in the in the purpose built surgery. They also offer basic dog grooming, and short-term boarding (for cats only).



Scott and Zo Miller, Lars Rahmqvist, Emma Townson, Kay Vaz.

Klass Cozinhas: quality and affordability



Having opened merely fifteen months ago, Klass Cozinhas has brought great news to the Algarve by providing a unique service and products at unbeatable prices. At a time when people want more for their money, Klass Cozinhas has the answer.

Ann and Karl Marriott recently planted new roots in Portugal but when they opened their business they kept to what they know best, kitchens. After doing their homework and noticing other kitchen specialists were charging customers excessively for their services in the region, they saw there was a good market for reasonably priced kitchens and appliances. Their existing contacts from the UK gave them a good start, keeping their prices well below the average.

With a long history in the kitchen industry back in the UK, Klass Cozinhas are able to offer their customers an array of products and services, which include: supply and fitting of kitchens, construction of custom cabinets, tiling, plastering, painting, supply of odd parts and much more. One of their major advantages is the fact they have their own machinery to build their cabinets, or modify existing ones, ensuring customers will never have any headaches when it comes

to fitting. Klass Cozinhas work their way around any problems that might arise.

Ann says that despite kitchen units having specific sizes, sometimes they just don't fit, and little adjustments need to be made, reason why their machinery is so important as it keeps clients from waiting for new deliveries to arrive. Working hand in hand with Karl Luke, a renovator-extraordinaire, Klass Cozinhas have a good eye for design and can offer innovative ideas for any project.

They have abundant amounts of stock readily available, as well as catalogues from renowned kitchen specialists, such as Fagor and Tekka, to order appliances or full kitchen sets.

Dozens of different granite, laminate and wood worktops are on display, as are granite tiles and all the latest ranges.

Using advanced software to design their kitchens, customers will have a good idea of what their future kitchen will look like before any work begins. So far, their best form of marketing has been word of mouth, with clients happily recommending Klass Cozinhas to their friends. Providing free quotes, Klass Cozinhas work in the whole of the Algarve.

THIS WEEK'S PROFILES



Style Furnishings

The showroom is located on the EN 125, between Porches and the Alcantarilha roundabout (near Aqualand Water Park), open Monday - Friday, 10h30 - 16h00, and Saturdays 10h30 - 14h00, (telephone/fax: 282 322 291). E-mail: info@stylefurnishings.com Alternatively, see website: www.stylefurnishings.com.



VIP Veterinary Surgery

For more information please call the surgery on (+351) 282 782 282 or visit them at Rua Senhora do Loreto (Urb Horta Senhora Gloria) in Lagos. Near the LiDL roundabout. Read more at www.vipveterinarysurgery.com.



Let the Magic In

To see photos and a listing of items, go to www.letthemagicin.com with an amazing map giving directions to the shop in Algoz high street. Call: (+351) 282 575 061 for more information, or call in to the shop and see the magic for yourself.



Klass Cozinhas

For more information please visit their showroom in the Lagoa Industrial Park, near Fatacil, open six days a week (Mon-Fri 10am-6pm; Sat 10am-3pm). Alternatively, visit www.algarvekitchens.com or call 282 342 062 or 926 148 240.

If you would like us to profile YOUR business, call Bella on 282 341100



Algarve Tourist yellow pages will be at Alvor beach

The Algarve Tourist Yellow Pages – Yellow Pages pocket guide with useful information about the Algarve region – will be distributed on June 13 at Alvor Beach.

The distribution of 2,000 guides will take place at the same time as the 2009 Proam Windsurfing Iberian Circuit, which occurs between the 13th and 14th of June and that is considered the main windsurfing Iberian competition.

Available since May, the 2009/2010 edition of the Algarve

Tourist Yellow Pages presents all the information and contacts for accommodation, restaurants, nightlife, leisure, healthcare and shopping/services essential to everyone who enjoys taking their holidays in Algarve. Besides this information, the bilingual guide (Portuguese and English) includes dis-



count cards to use in restaurants, leisure and beauty services.

If you want to know everything about the Algarve, including its nature, history, food, culture, crafts and beaches, don't miss the distribution of this free guide on the Proam Windsurfing competition in Alvor (Portimão), or visit one of its 1000 distribution points – tourism offices, airports, hotels, car rental offices, golf courses, bus stations and service areas in the Algarve.

The 2009/2010 edition of the Algarve Tourist Yellow Pages will also be distributed in Spain, Ireland and UK. For more information about the Yellow Pages, visit the official blog Yellow Pages Blog (blog.pai.pt).

Bowls Summer league

The Albufeira club played host to all league teams this week for round four of the new Summer league season. The home club Albufeira Cats recorded their first victory of the season, narrowly defeating Alvor Larks by 32-30 and 6 points to 4, whilst Amendoeira slipped to a 19 shot defeat against the Alvor Doves who won 48-29 and pocketed 9 points to 1. Pedras continued their encouraging start to their Bowls Algarve career thanks to a 7 shot victory over the PDF Pirates 35-28. Pedras taking 8 points to Pirates 2 points. Finally Valverde slipped to a 45-26 and 8 points to 2 defeat at the hands of the Alvor Eagles who are quietly accumulating points and shots as the season progresses.

All change yet again at the top of the league table where Doves have taken a narrow one shot lead over Pedras. Doves have 27 points, Pedras 26 and Larks are third on 20 points. Eagles and Valverde have 18 apiece, although Eagles have a game in hand. Amendoeira have slipped to fifth with 17 points, whilst Cats have clawed their way off the bottom of the table with 12 points, equal with Pirates but a better shot difference.

Alvor play host next week for the games in series five.

Alan Clarke,
League Director

June Portuguese history talks by Peter Booker

The Illustrious Generation

Tuesday 16 June, 6.30pm at Convento de São José, Rua Joaquim Eugénio Júdice, Lagoa. Tel: 282 380 434, convento.sjose@cm-lagoa.webside.pt

When D João I married the English Philippa of Lancaster he was still trying to establish the legitimacy of his bastard claim to the Portuguese crown and they had nine children.

D João died only in 1433 at the age of 76 and so provided a secure throne for his eldest son to inherit. D João's children are called the Illustrious Generation (A Ilúclita Geração) and in his lecture Peter Kingdon Booker will show that the half-English

children of their marriage were remarkable for their impact on Portugal's history – a king, a respected European of culture, a famous discoverer, a saint. D João had also two bastard children, one of whom founded a line which would one day also inherit the throne of Portugal.

There can be no doubt that D João I and his children, both legitimate and illegitimate, left a brilliant mark on the history of our adopted country.

D João II - The Perfect Prince or Royal Murderer

Friday 26 June, 11am at Biblioteca Municipal de Tavira. Tel: 281 320 585 (biblioteca@cm-tavira.pt)

The Middle Ages towards the end of the 15th century with the discovery of New Worlds in the west and the expansion of European powers into the east. At the same time, monarchs were gathering the reins of power and subduing their mighty barons. In England, Henry VII was consolidating royal power and in Portugal, D João II successfully undid much of the damage that had occurred under his father D Afonso V, and the Duke of Bragança was the first to test the royal axe, and the Duke of Viseu was fatally stabbed by the king himself. These are the best known of those who died, but there were

many others. Eu sou senhor dos senhores, não o servo dos servos declared D João, and found remarkably that no-one dared any further opposition. He died in 1495 at Alvor, after he had taken the waters at Monchique. Was he in his turn murdered? And why do the Portuguese call him the Perfect Prince?

For information: 281 971 567 lynne.booker@iol.pt/

WRVS Social Tea

The next Tea will be on Tuesday 16th June at 3pm in the British Retirement Residence, Quinta da Fonte, S Pedro do Estoril.

By popular demand, we will run a Musical Quiz, followed by tea, home-made cakes and sandwiches.

Minimum donation €1.

Everyone is most welcome.

For more information please contact 214 688 694

East Algarve Walks

Every Tuesday & Friday mornings.

For more information
Call 913 595 868.

brian@moonlightservices.eu
www.moonlightservices.eu

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"Best designed (Algarve par 3) layout" - Greg Turner.
"Top Holiday Golf Course" - Top 10 Algarve, Dorling Kindersley.

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€25 - With Clubs - €40	June to August after 3:30pm	9 Holes - €20 18 Holes - €30	9 Holes - €26.50 18 Holes - €38
September to October after 2:30pm		With Clubs - 9 Holes - €32.50 18 Holes - €47.50	With Clubs - 9 Holes - €40.50 18 Holes - €57.50

*** Subject to availability. No service at weekends.

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Saturday Bike Rides

This Saturday's ride starts at the old bridge at Tor

The old bridge at Tor lies next to the main road between Loulé & Salir.

Please get in contact if you are unsure of how to get here or need more directions.

Meet here at 1.15pm, the ride starts at 1.30 pm.

Paul will be at Bikeland between 12.00 to 12.30pm and can take some people and/or bikes from there if required.

If you need bike hire or transport, then please contact in advance so that this can be arranged.

This week's circuit is the usual mixture of tarmac and dirt tracks.

There is also a short single track footpath which can be quite tricky, but otherwise the route is not technically challenging!

There is one long climb on a tarmac road but no really dangerous rocky descents

We will pass through some tremendous scenic areas and also include a cafe stop along the way.

This weeks ride will be around 30 to 35 km.

€5 per person (no joining fee). For more information, contact Paul Beesley on: 289 360 001 or 913 226 954, e-mail: paul.beesley@sapo.pt, www.activitalgarve.com.

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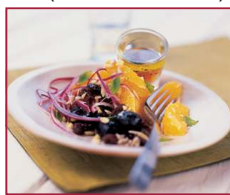


Red onion and orange salad (Ensalada de cebolla y naranjas)

(Serves 4 as a starter)

4 ripe medium oranges, peeled
1 small red onion, finely sliced
2 tbsp raspberry vinegar
6 tbsp extra-virgin olive oil
Salt and pepper
4 tbsp raisins soaked for 20 minutes in hot water, drained
20 black olives, pitted
2 tbsp sunflower seeds
2 tbsp finely chopped black almonds
Sprigs of fresh mint, to garnish
Remove the white pith from the oranges and cut the fruit crosswise into 5mm slices. Arrange on a serving platter and scatter over the sliced red onion.

In a small bowl, whisk to-



gether the vinegar, olive oil, salt and pepper. Spoon this dressing over the onion and oranges. Sprinkle with the raisins, olives, sunflower seeds and almonds. Garnish with mint sprigs and serve chilled.

Plain in Spain? Not these days....

Spanish chef Teresa Segura explains why tapas has become so popular and how to whip up Mediterranean treats in your kitchen.

Images of small, greasy, cheesy fried-aubergine dishes often pop up when we think of tapas, the traditional Spanish cuisine.

Yet in recent years, Spain has become the epicentre of gastro-

nomie brilliance.

It has pioneered a revolutionary attitude to food called "la nueva cocina" - the new kitchen - and is home to the world's top restaurant, El Bulli, which serves dishes such as cuttlefish

ravioli with coconut and ginger, and almond ice-cream swirled with garlic oil and balsamic vinegar.

Therefore, it's surprising that its national cuisine has such a lacklustre reputation.

Catalan-style spinach with raisins and pine nuts (Espinacas Catalanas)

(Serves 4-6 as a side dish)

3 tbsp olive oil
2 cloves garlic, finely chopped
1 medium onion, finely chopped
900g spinach
65g raisins, soaked in hot water for 20 minutes, drained
4 tbsp pine nuts
50g pimento-stuffed olives, finely chopped
Salt and pepper, to taste
Add croutons, to serve



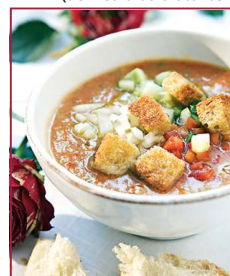
Heat the olive oil in a frying pan. Add the garlic and onion and fry gently until golden. Set aside. Rinse the spinach and trim the leaves from the stalks. Discard the stalks. Place the spinach in a large saucepan, cover and cook over low heat

for 10 minutes in the water clinging to its leaves. Drain, then stir the spinach into the onion and garlic. Mix in the raisins, pine nuts and olives. Season generously with salt and pepper. Transfer to a serving dish, sprinkle croutons on top and serve warm.

Chilled tomato soup (Gazpacho andaluz)

(Serves 8 as a starter)

100ml olive oil
50ml red wine vinegar
3 cloves garlic, chopped
1 tbsp salt
1/4 tsp ground cumin
1/8 tsp Tabasco sauce
4 large ripe tomatoes, sliced
900g tinned plum tomatoes
1 green pepper, sliced
1 cucumber, sliced
1/2 onion, sliced
Ice cubes
Chopped tomatoes, to garnish
Croutons, to garnish
Hard-boiled eggs, diced, to garnish



Combine the olive oil, vinegar, garlic, salt, cumin and Tabasco sauce in a food processor with half of the vegetables and reduce to a puree.

Transfer the soup mixture to a large bowl. Blend the remaining vegetables and add to the

soup. Add ice cubes (or water) to taste, and additional salt if necessary. Refrigerate until very cool, or overnight. Before serving, garnish the gazpacho with the chopped tomatoes, croutons and diced hard-boiled eggs.

Restaurant Write-ups

Monte do Casal, country house hotel, spa and restaurant is a member of Small Luxury Hotels of the World. Situated in the beautiful historic location of Estoi, it is easy to find by following the yellow signs from Estoi square. Here you can enjoy à-la-carte, fine dining of an evening, inside the restaurant or lunch overlooking the lakes and waterfalls. On offer is an à-la-carte five course degustation tasting menu with the option of five tasting wines, a vegetarian menu, plus both spa and lunch menus. Reservations are strongly recommended.

Restaurante Florestal is a gastronomic oasis lying within the National Forest close to the village of Barão de S. João, located between Luz and Lagos. Whilst the ambience inside the restaurant is rustic and romantic, the terrace and garden outside offer peaceful surroundings to enjoy al fresco dining at its best, with fantastic views. Your hosts, John from England and American Sharlene present a very cosmopolitan menu including their delicious Breast of Duckling, vegetarian choices and dishes with a taste of Mexico! Every Sunday there is a special brunch from midday to 3 pm.

with occasional live music and a good selection of wines. Don't forget to reserve your table!

Mr Grillo is located in the centre of Porches in a colourful square allowing plenty of parking. Typically Portuguese - cosy and rustic with a wooden ceiling and subdued lighting inside, but if you prefer to eat your meal al fresco there is also a terrace. Your hosts Edwardo and Billington offer international cuisine (flambé is their speciality) all at good value. They also have a bar stocking a fine selection of Portuguese wines, a choice of vegetarian dishes, and a children's menu as well. Their cheerful, attentive staff speak several languages and look forward to taking your reservation.

Pashmina - Your host, Ramin Bhasin has brought the finest Indian food to Praia da Luz. Situated in Avenida do Pescadores, just below the Church and next to a car park, it has glorious sea views from its terrace. Serving authentic Indian food, the interior decor is subdued and relaxing, and the prices offer value for money. There are both takeaway and children's menus, and a fine range of wines. The helpful staff will be happy to book your table to avoid disappointment.

For our restaurant guide please see the hotline on pages 32 & 33

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Barão de S. João

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Porches

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Portugal needs to put its own house in order...

SIR, I see Portugal is advising Peru on streamlining its legal system.

This reminds me of an article some years ago when PT evidently won a contract to re-vamp the Kenyan phone directory. Subsequent to this effort, the Aga Khan complained that he was entered as 'Aga' and people would ring his residence trying to buy a wood burning kitchen range.

But I digress. Ask most Portuguese what they think of their judiciary and you will be treated to a diatribe against lawyers who connive to protract cases, endless waits, and the impossibility of being awarded costs if you win the case. The fact is that Portugal has no functional judiciary. Lawyers here are astounded that other countries can get a case into court in less than a year. How, then, can Portugal sell advice on streamlining?

The failings of the legal system are obviously not known in Brussels. Take the double taxation, sorry, registration of vehicles. We now find ISV is legal, because 'certain countries' won't sign up to the 2005 directive abolishing car registration tax. They are Portugal and Denmark, so it would be truer to say that in most of Europe this matter isn't a problem because it doesn't exist.

The Tax and Customs Union are quoted as saying (The Portugal News, May 16th) that 'The Commission is not in a position to intervene in individual cases' and that people should 'seek redress before the national courts.' Are they mad? Is anyone round

here going to sue the Government? This taxation is a scandal, and flies in the face of the most basic EU precept: Europe, for all intents and purposes, is one land, one ideal, one rulebook and the people who live therein are Europeans.

Perhaps some governments are only Europeans when they're on the receiving end of handouts.

KIT THACKERAY, By e-mail

Car imports

Further to recent comments about the importation of vehicles into Portugal, I would like to add one further point. Any vehicle imported from the beginning of this year will now be on a different tariff for payment of the annual road tax (selos). I have recently imported a Smart which if a Portuguese car would cost €16 a year, my imported one is €80 per year!

Many years ago I imported a car with a large engine, this year the road tax was €168, if I had imported the same car this year I would now be paying in the region of €600!

Therefore beware not only of importing your own vehicle but buying from a dealer or other source who have imported the car and not divulged the fact.

PETER BIRD, Vilamoura

Gov't. response to petition 'Fairfuelhelp'

SIR, No doubt anyone who signed the UK fuel allowance petition will receive a similar communication, but perhaps you

may think the outcome of general interest to your readers.

'From: 10 Downing Street [mailto:number10@petitions.pm.gov.uk]

Sent: 04 June 2009 11:56

To: e-petition signatories

Subject: Government response to petition 'Fairfuelhelp'

You signed a petition asking the Prime Minister to Pay the Winter Fuel Allowance to UK pensioners in EU countries who left UK before 1998."

The Prime Minister's Office has responded to that petition and you can view it here: <http://www.number10.gov.uk/Page19460>

Prime Minister's Office'
RON LAVERY, By e-mail

Climate change

SIR, "In order to disprove Sr. Amaral's contention that Madeleine is dead, the McCanns must prove that she is not." Says Mr. Baugh (The Portugal News, 6 June). How odd. I always thought policemen had to prove their case, but I suppose Portugal is different from everywhere else.

As for your lead story it is certainly news to me that the sea levels have risen 10-20 centimetres this century due to the melting of the icecaps. That's a wide range, can't the source for this wild statement be more exact?

What your source probably meant was that during the last century sea levels probably rose by about 18cm if the results of the last ten years are back-projected. Bearing in mind the sea level has risen approximately 120 metres in the last 18,000 years that shows a levelling off, especially as over the past 8,000 years the rise has been about 5 metres and lessening.

As to this being due to melting ice caps the latest measurements show the northern ice cap retreating and the southern ice cap ex-

panding.

The long term effects can't be gauged as measurements don't go back far enough, but Wikipedia (admittedly not a wonderfully reliable source) claims "climate changes during the 20th century are estimated from modelling studies to have led to contributions of between -0.2 and zero mm per yr. from Antarctica" (a negative effect) "and from zero to 0.1 mm per yr. from Greenland". Floating ice melts of course makes no difference to sea levels, and most of the north polar ice cap is floating and therefore doesn't count in the sea level stakes.

"During the previous interglacial about 120,000 years ago, sea level was for a short time about 6 m higher than today" so we have some way to go to get back to where things used to be. And all that water in the sea had absolutely nothing to do with human activity.

The current rise is observed at 1.8 mm per yr., which is why I presume someone has back-projected that figure for last century which is a bit naughty. "Since 1992 a number of satellites have been recording the change in sea level; they display an acceleration in the rate of sea level change, but they have not been operating for long enough to work out whether this is a real signal, or just an artifact of short-term variation." Wikipedia again.

Bearing in mind those figures coincide with the warming mode of the sun's cycle that would be regarded as normal. The interesting thing will be whether it now reduces as the sun's mode turns cooler. Let's see where we are in ten years' time. I also note no figures were given for average water temperatures? My own totally unscientific view is that the sea water is darned cold and always has been. One would also have to take into account whether the change in water temperature

was due to a change in the currents rather than existing currents getting warmer.

Also, perhaps these research departments can tell us why the sea level at Santa Catarina has dropped by 2.5 metres over the past 700 years (Wikipedia chart).

This is all a lot more complex than anyone is prepared to admit, but who wants to put their research grant at risk, and analyse

all the variants properly?

It's so much easier to trot out totally unscientific platitudes. And while they're about it, perhaps these guys can tell us why it's been so cold this year if the Algarve is getting warmer, and why January was not the hottest, but the coldest for at least forty years, and I have the dead trees to prove it.

JOHN CLARE, Arão

Ronaldo gets Real record deal

Portuguese international Cristiano Ronaldo is moving closer to home after Manchester United agreed to allow the world's best player to discuss terms with Spanish club Real Madrid. In exchange, Manchester United will be receiving a world-record 95 million euros for letting their star player leave for the club he always dreamt of playing for. He becomes the second Manchester United number 7 to join Real Madrid, following David Beckham, whom Cristiano replaced at Manchester United in 2003.

After several seasons of almost incessant speculation, Cristiano Ronaldo (24) will be playing his football in warmer climes next season after putting in a transfer request at Manchester United - the club he joined as an 18-year old from Sporting for 15 million euros.

It is unclear what the board at Old Trafford will be doing with this huge cash injection, but fears are that a large slice of it will be applied to settle debts incurred by the club in recent years.

A statement posted on Manchester United's website on Thursday morning explained they agreed to sell the player due his insistence on wanting to leave Old Trafford.

"Manchester United have received a world-record, unconditional offer of £80 million for Cristiano Ronaldo from Real Madrid", the club admitted on Thursday.

The news came as the Portuguese international was on holiday in Los Angeles.

"At Cristiano's request - who has again expressed his desire to leave - and after discussion with the player's representatives, United have agreed

to give Real Madrid permission to talk to the player", Manchester United said.

"Matters are expected to be concluded by 30 June. The club will not comment until further notice".

Cristiano Ronaldo, World Player of the Year, joins Brazilian international Kaká, who preceded him as the best player in the world in 2007. Real Madrid are looking to dethrone Barcelona as not only the best club in Spain, but also in Europe.

Barcelona won the Spanish La Liga with a nine-point advantage over Real Madrid, while the Catalans outplayed Manchester United to win the Champions League. However the team from the Spanish capital were destroyed by Liverpool in the quarter-finals of the same competition, losing 5-0 on aggregate.

In the meantime, Cristiano Ronaldo and his 'super agent' Jorge Mendes will now sit down with Real Madrid officials to negotiate a wage package for the player, which by all accounts, will be considerably higher than the 500,000 US dollars a week he received for wearing the number 7 shirt at Manchester United.

Portuguese for Beginners

with Emília Rosendo

In today's lesson let's study verb "**ESTAR**" - "to be", in English - in "**Presente Simples do Indicativo**" - Present Simple.

Eu	estou	I am
Tu	estás	You are
Ele	está	He is
Ela	está	She is
Você	está	You are (sing.)
Nós	estamos	We are
Eles	estão	They are
Elas	estão	They are
Vocês	estão	You are (plural)

⇒ Complete the sentences which follow with verb "**estar**" in "**Presente Simples do Indicativo**":

1. A Ana e a Marta _____ muito cansadas.



LESSON 9

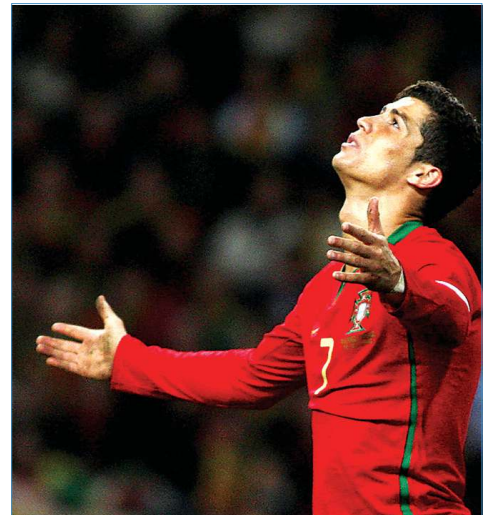
Verb "**ESTAR**" in the Present Simple

2. A máquina de lavar roupa _____ avariada.
3. Vocês _____ atrasados para o trabalho?
4. O Paulo e o Sérgio _____ em casa.
5. Eu e o Paulo _____ no cinema.
6. A Madalena _____ grávida.
7. O computador _____ ligado.
8. Tu _____ pálido e fraco.
9. Hoje _____ muito calor.
10. As chaves _____ na mala.
11. A roupa _____ seca.
12. Eu _____ na sala.
13. O leite _____ azedo.
14. As calças _____ sujas.
15. Você _____ triste?



⇒ Write correct sentences with the words below. Follow the example.

- ✓ casa/ limpo/ arrumado -
A casa está limpa e arrumada.
1. rapazes/ nervoso/ irritado
 2. sopa/ frio/ salgado
 3. gatos/ doente/ fraco



Cristiano Ronaldo at the Dragão Stadium in Oporto, Portugal last March. (Photo: Lusa / Estela Silva)

Please send your completed exercises with a STAMPED, SELF-ADDRESSED ENVELOPE, to me:
Emília Rosendo at The Portugal News and I will return them corrected.
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PROPERTY

A weekly guide to the latest and the best properties on the market in Portugal • The Portugal News • 13 Jun 2009

PROPERTY OF THE WEEK

Beat the Credit Crunch - Properties under €200,000



This week Property of the Week is pleased to showcase four well-priced properties in response to the current market situation. This week it features a sample of 'Properties under Euros 200,000'; all of which can provide a residential home, holiday getaway or rental investment depending on the buyer's individual requirements. These properties are courtesy of **Licensed Real Estate Agency Togofor-Homes Lda**, which combines a diverse portfolio of properties with professional customer service and a database of registered clients from around the world.

Village House in Barão São Miguel

Ref: S462

- 3 bedrooms, 2 bathrooms,
- Cellar, mezzanine and big mature gardens
- 1.860m2 plot, spacious terraces, great potential
- Quiet location, close to local amenities

Excellent Price! €198,000



Typical Portuguese House near Silves

Ref: S699

- 3 bedrooms, 2 bathrooms
- Renovated with 120m2 living area, great potential
- Large countryside plot covering hillside
- Peaceful rural location, ideal for nature lovers

Excellent Price! €195,500



Two Rustic Houses & Ruin, near Paderne

Ref: S540

- 3 bedrooms, 2 bathrooms,
- Approx. 1,200m2 plot, idyllic location
- Houses are combined, one part could be rented
- Needs refurbishment, excellent value for money

Excellent Price! €199,000

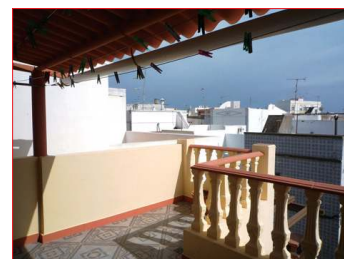


Townhouse in Olhão

Ref: ST908

- 3 bedrooms, 2 bathrooms on 3 levels
- Well renovated with 120m2 living area
- Over 46m2 terraces, built-in BBQ
- Well located, close to the sea and fish market

Excellent Price! €149,000



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Santa Bárbara de Nexe

- Lovely character cottage
- Restored, country views
- 3 bedrooms 3 bathrooms
- Pool, terrace, carport
- Garden, pond & fountain
- Cott. 120m² plot 4.400m²

Ref. C1245
Price: € 395.000



Vila Sol Golf Resort

- Spacious luxury apartment
- Views to pools & coast
- 2 bedrooms 2 bathrooms
- Air-co, lovely gardens
- Communal pools, jacuzzi
- Aptm. 108m² terr. 25m²

Ref. A1218
Price: € 360.000



Olhão

- Beautiful rural estate
- Main villa 3 bed 2 bath
- Guest villa 1 bed 1 bath
- Guest cott. 2 bed 2 bath
- Pool, lovely gardens, BBQ
- Bldgs. 863m² plot 2.8 ha.

Ref. V618
Price Reduced: € 745.000



São Brás de Alportel

- Attractive villa in the hills
- Lovely views to São Brás
- 3 bedrooms 2 bathrooms
- Pool & large terrace
- Garage & garden
- Villa 165m² plot 4.850m²

Ref. V878
Price: € 390.000



Martin Longo, Alcoutim

- Lovely character cottage
- Rebuilt 2004, rural views
- 3 bedrooms 2 bathrooms
- Conservatory/living area
- Pool, barbecue, garage
- Villa 206m² plot 620m²

Ref. V1244
Price: € 185.500

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Terraced house - Conceição

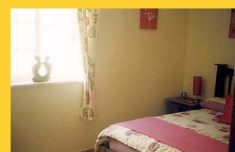
High quality & spacious 3 bedroom, 3 bathroom terraced house w/ A/c, beautifully furnished, with garage in basement and access to communal swimming pool, situated in a peaceful urbanization, within walking distance to the centre of Conceição, 1 km to Benamor golf-course, 2 kms to Cabanas and 3 kms to Tavira. To be sold furnished and equipped.
EA 031 TCON - € 269.000



Property Neighbourhood - Moncarapacho

Exceptional property with large salt water system swimming pool, an attractive 3 bedroom villa plus separate one bedroom apartment and charming 2 bedroom cottage set on 28.000 m² of land with beautiful garden area, situated 5 min. drive from Moncarapacho and Estoi.

EA 032 PMON - € 745.000



Apartment - Cabanas

Very well located in a little side road of Cabanas centre, close to the lagoon and access to the beach, commerce and public transport, this high quality one bedroom apartment is located on the ground-floor with a nice private patio area.

EA 033 ACAB - € 135.000



House - Neighbourhood Vila Nova de Cacela

2 bedroom house w/ large south facing terrace & garage on lower floor presently converted into bedroom, shower room & storeroom surrounded by 630m² land w/ lovely views, 3 kms from Monte Rei golf course, 7m from Vila Nova de Cacela & 9kms from beautiful Manta Rota beach.

EA 043 HVNC - € 255.000



Villa Neighbourhood Santa Catarina / Tavira

Brand new 3 bedroom, 3 bathroom villa, w/ roof terrace & lovely views, built in the traditional style to a very high standard, w/ A/c, swimming pool and car port, surrounded by 6.000 m² of flat land, situated 3 kms from Santa Catarina & 5 kms from Moncarapacho.

EA 035 VSCAT - € 425.000

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Manta Rota

Modern 3 bedroom / 3 bathroom villa w/ communal pool in small, exclusive closed condominium, 700m from beach. Spacious lounge & fully equipped kitchen - sold furnished. CCTV, A/c, alarm & central vacuum cleaning system, electric shutters. Ref: LHV-1025 Price: €299,000 (Reduced from €345,000)



Sta. Catarina

Beautiful 3-bedroom villa w/ garage, sea views & approved project for a pool. A/c, double glazing & alarm system. Located between Sta. Catarina & Tavira. Construction approx. 189 m2, plot approx. 2480m2. Easy access. Offers invited! Ref: LHV-940 Price: €310,000 (Reduced from €455,000)



Tavira

Gorgeous plot of land with approved project for a spacious 3 bedroom villa with pool offering sea & country views. Approved project of 211m2 with additional basement of 136m2. Access right from tarmac road. Urgent sale! Ref: LHP-745 Price: €90,000 (Reduced from €120,000)



Near Tavira

Excellent value for money. Townhouse of 92m2 on small development with large communal pool near golf & beaches. Light living room, fully equipped kitchen, 2 bedrooms (1 en-suite), 3 bathrooms. Private patio. Sold furnished. Ref: LHT-853 Price: €199,000



Near Tavira

New, contemporary villa with large pool set on easy to maintain plot of 970 m2 on great location near beach & golf. 3 bedrooms (all en-suite) with sea views. 235 m2 of construction, excl. terraces of 118 m2. Offers invited. Ref: LHV1010 Price: €695,000



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ESTÓI

Ref. V82185 - Price Reduced
Spacious 5 en suite bedroom detached villa on very quiet & residential area nearby. Recently refurbished to very high standard. Fitted kitchen. Alarm, A/c, surround sound sys. Large landscape garden w/sw. pool & BBQ area. South facing w/fabulous panoramic country & sea views.

Price: € 1.400.000,00



ALMANCIL

Ref. V82043 - Price Reduced
Located in very quiet area near Vale do Lobo Golden Triangle, 627sqm plot, 355sqm constr. area. Granite floors, 4 rooms (3 en suite). Fully fitted kitchen & laundry. A/c, central vacuum cleaning & surround sound. Garages w/elecric gates. Ground floor w/ games & cinema room. Place for 5/6 cars. Private garden w/salt water sw. pool, double BBQ, summer kitchen. Hot water garden shower. South facing with partial sea view and 5 min from beach. Alarm/CCTV.

Price: € 895.000,00



VILA SOL

Ref. A82200
Beautiful development within Villa Sol Golf & Spa Resort, adjacent to golf course & club house, 2/3 mins to Vilamoura & marina, beach & many amenities. Palmyra is a luxury, gated condominium complex, finished to highest quality. 24h security CCTV, landscaped gardens & heated sw. pools, access to gym. Owners have discounts on many Villa Sol's amenities. Fully furnished & equipped. Private secured parking. Under floor heating in baths, A/c.

Price: € 490.000,00



VILA SOL

Ref. A82358 - Price Reduced
Within Villa Sol Golf & Spa Resort, next to golf course & club, 2/3mins from Vilamoura, marina, beach, amenities. Palmyra is a luxury, gated condominium finished to highest quality. 24h security CCTV, gardens & heated sw. pools, gym access. Owners have discounts on many amenities. Priv. secured parking. Furnished & equipped. Oak floors in bedrooms, under floor heated bathrooms, state of art A/c. Top floor apart w/roof terrace & panoramic views.

Price: € 395.000,00



Large Family Home for Sale in Almancil

Large 500+ square metre 4 bedroom/6 bathroom family home for sale in a quiet and secluded area of Almancil.

Ground Floor: Modern fully fitted kitchen, Dining Room, Large lounge/sitting room with views on 3 sides of the Algarve scenery, and 3 good sized bedrooms, all en suite.

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Vilamoura

Studio apartment composed of lounge, bathroom and terrace. Furnished, equipped and with air conditioning. Construction area - 54 sq.m.

Ref: A1321

Price: € 70,000



Vilamoura

Situated near all facilities, one bedroom apartment composed of bathroom, lounge, kitchen, storage and terrace. Furnished and equipped. Communal swimming pool and garden area. Parking space in the basement. Construction area - 74 sq.m.

Ref: A1188

Price: € 110,000



Loulé

Villa with ground floor and 1st floor composed of 4 bedrooms, 2 bathrooms, 3 lounges 2 kitchens, pantry, laundry room and storages. Garage and terraces. Villa has 2 separate entrances. Located in the centre of Loulé. Construction area - 200 sq.m.

Ref: V12595

Price: € 180,000



Boliqueime

Country villa composed of 3 bedrooms, 2 bathrooms, lounge w/ dining area and fireplace, equipped kitchen and various terraces. Roof terrace, swimming pool and garden. Plot area: 2.200 sq.m.

Ref: V12585

Price: € 450,000

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Ref: 837 Vila Nova de Caceia € 107.000

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Ref: 270 Conceição de Tavira € 150.000

Four bedroom, brand new apartment, air con fitted, fully equipped kitchen and garage, close to golf course and facilities.



Ref: 636 Lota beach Manta Rota € 170.000

Two bedroom ground floor apartment with large rear patio, only two minutes on foot to the beach very good for rentals.



Ref: 752 Vila Nova de Caceia € 210.000

Modern three bedroom house with extra loft room, lovely south facing roof terrace with ocean view, has private garage and good quality finishes throughout.



Ref: 674 Castro Marim € 310.000

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Map showing the location of Frontera in Almancil, near the BPN Bank and Centro O Tradicional.

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Near Silves, Ref: S700

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Lets go native



According to experts the latest trend is that gardeners are likely to return to native plants that give value for money, with an emphasis on low-cost options and possibly merge vegetables within flower borders.

Portugal's vegetation is a mixture of Atlantic, or European, and Mediterranean (with some African) species. Generally, the former accounts for some two-thirds of species. The regional distribution is quite interesting: North of the Mondego valley, nearly three-fifths of the plants are European species, and only one-fourth are Mediterranean; in the south the proportions are three-tenths and nearly one-half, respectively. One-third are foreign species, introduced during periods of colonization.

Thousands of years' human activity have left Portugal with only one-fourth of its area being woodland; the remainder of the country features two types of Mediterranean scrubland - called *maquis* and *matorral*, or steppe.

Mixed deciduous trees are confined to the north, where the landscapes of the Minho are lush and green except for the heaths (*mato*) of the Cambrian schists. These contain erica, heather, cistus, and bracken.

The original deciduous oak has been largely replaced by maritime pine with some cork oak and extensive plantations of eucalyptus. Olives extended into the north in Roman times but are now generally limited to elevations below 400 metres; inland, where the summer drought is longer, they can be found in some areas with elevations as high as 700 metres. In the Douro valley, juniper scrub has been replaced by vineyards.

In the south the Alentejo still has extensive uncultivated land

dominated by cistus or groves of cork oak, often managed in estates, and holm oak. Most of the Algarve landscape is dominated by the vine and by trees typical of the Mediterranean - olive, fig, almond, and carob.

The rich vegetation of both Madeira and the Azores has been Europeanized. The climate encourages year-round growth of a considerable variety of flora. A wealth of ferns, mosses, heaths (especially tree heaths), and junipers reflects the influence of grazing and human activity on the islands. About 100 plants are peculiar to Madeira and its woodland is largely the result of reforestation (e.g., of poplar, pine, and eucalyptus). The Azores have little woodland.

Because of the existing climatic



Fig tree with fruit

conditions, you can grow flowers such as Orchids, Birds-of-paradise, Anthuriums, Magnolias, Azaleas, Proteas, Sunflowers, Water Lilies, Bougainvillea,

Jacarunda Blossoms, Roses, Gulbenkian, Calla Lilies, Gerberas, and Ice Flowers, all year round growing in the natural environment. While Scilla, Daffodil, Thyme, Origanum Majorana, Asteriscus Maritimes, Laurels and Clematis are some of the flowers native to Portugal.



Clematis

Three ways to ...

Look after herbaceous perennials

1. Mulch flower borders in early spring when the soil is moist and weed-free, using a 5cm (2in) layer of organic matter.
2. Feed plants in mid-spring when some growth is showing, but don't let the fertiliser lodge in the crowns of plants as it may scorch them. Flush it out with plenty of water.
3. Support tall or floppy perennials with pea sticks, canes or other frames, putting the supports in place before the plants start to flop.

Three ways to ...

Grow veg in small spaces

1. If you are planting your veg close together they need a rich soil, so work in plenty of organic matter in autumn.
2. If you are planting veg in containers, choose large pots which hold more soil, take longer to dry out and suit many vegetables well. Look out for varieties suited to container growing, such as short, round carrots.
3. Make the most of sunny walls, growing heat-loving veg such as tomatoes, up them, adding supports as you go.

From plot to plate

Carrots

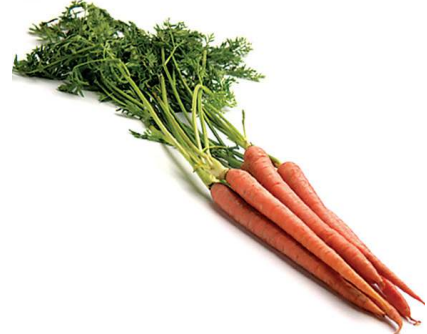
They are among the most versatile of veg, added to casseroles and stews, grated raw into salads and coleslaw or even roasted in the oven - and kids love them.

If you have deep, free-draining and stone-free soil you can grow the longer varieties, but otherwise create a raised bed or just grow some in pots. Sow seeds direct into the soil in drills around 13mm (1/2in) deep and 6in apart. Water the base of the drill before sowing and then cover the seeds with dry soil.

Early crops should be covered with cloches to keep the soil warm. This will encourage germination. To deter carrot fly, sow onions either side of the carrots to put them off the scent. When the seedlings are large enough, thin them in stages until the roots are 5-7.5cm (2-3in) apart to allow the rest to grow to their full size. Earth up from time to time, as the top of the root will turn green if the sunlight hits it.

Harvest when the roots have reached the desired size. They can be left in the ground until needed, unless you live in a cold area with a lot of slugs, in which case lift and box them in sand.

Good varieties include 'Atlas', which is good for containers, and 'Maestro F1', a carrot fly resistant variety.



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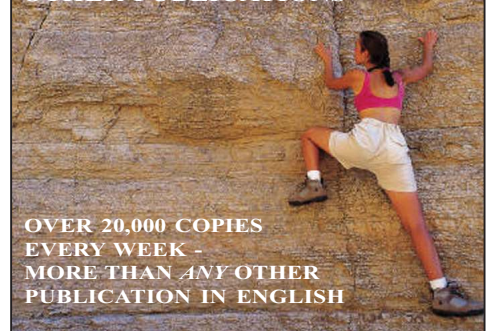
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A boy eating junk food.

Q: "My 10-year-old loves junk food and eats a lot of it. I know it could make him fat, but I've read that it could also affect his performance at school. Is this true?"

A: Kerri Tobin, of Vanderbilt University in Tennessee, studied the impact of a fast-food diet on the schoolwork of more than 5,500 10 and 11-year-olds.

She says: "There's no published research that proves a link between junk food and school performance, although I conducted an analysis that found preliminary evidence of a relationship in a sample of US fifth-graders."

"Those who said they ate fast food more than three times a week scored 12.79 points lower in reading and 12.35 points lower in maths than those who ate less."

"But this research is in very early stages. My findings also don't tell us anything about the direction of the relationship - it could be that low test scores cause kids to eat a lot of fast food, or the other way around."

"Alternatively, something else could be affecting both test scores and fast-food consumption at the same time."

"I'm continuing to research the issue, and neurologists are researching the effects of different kinds of fats on the brain, but it's

just too soon to say anything for sure."

"At this point, I can't say that junk food will hurt your son's performance. However, since you think it's bad for his weight, and that it might be bad for his grades, this is a good time to talk to your doctor about your son's diet."

Three ways to... stop a child biting

1. React immediately, with consequences connected to the biting. So if your child bites another child in a dispute over a toy, remove the toy and don't let him play with it for a while.
2. Remove your child from the situation, and insist on him apologising to the bitten child when you allow him to return.
3. Do not bite him back. Instead, talk to your child about why it's wrong to hurt others, and help him find more appropriate outlets for aggressive feelings and frustration.

News for parents

Lisa Salmon looks at the weird, wonderful and sometimes weary world of parenting.

The NSPCC's online magazine Your Family has launched a new series of tips for first-time parents, starting with a look at the challenges facing stay-at-home dads.

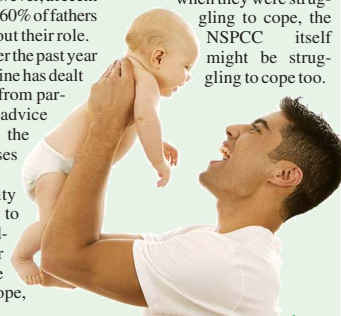
The charity said that more than 200,000 men in the UK now stay at home to look after their children. However, a recent survey found that 60% of fathers feel confused about their role.

In addition, over the past year the NSPCC helpline has dealt with 4,689 calls from parents who needed advice on dealing with the everyday stresses of childcare.

The charity wants parents to seek help and advice whenever they feel they are struggling to cope,

and before problems escalate.

However, if every parent sought help from the NSPCC when they were struggling to cope, the NSPCC itself might be struggling to cope too.



Website of the week:

www.kidstart.co.uk/livingwithkids

Blog-style posts and reader comments on various issues about life with kids, including good family days out, sleepless nights, going green, travelling with kids, recipes and being a working mum.

Readers Tip

Buy a plastic laundry basket for each child's clean laundry, so you can just put it into their own baskets after it's been washed, and they can hang it up or put it into their drawers themselves.

Win a luxurious half day trip on the Cranchi 41 (Lady Amber)

Do you have Eagle Eyes? Look through the adverts (not editorial) in this week's paper and see if you can spot 3 blue dolphins (see the photo above). Some may be easy to spot, others well hidden or only partially visible. When you have found the three dolphins email us with the company names of the three advertisers.



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Study all the adverts in the paper, and look for 3 blue dolphins, like the one at the top of this announcement. They are small, and we have hidden them well and distributed them throughout the paper, so be sure you look everywhere. Once you have found them, email us at: competitions@the-news.net with the company names of the three advertisers. Please write 'Dolphins' in the Subject line. We will draw the answers each Wednesday and the first correct answer that clearly identifies the locations of the dolphins will win. The winner will be announced the next week.

Remember, if you don't win this week, try again next week until the competition ends on the 24th June. Winners will be sent a confirmation letter with instructions on how to claim their prize. There is no cash value or alternative to the competition prize.

Last week's winner of a luxurious all inclusive half day on board a beautiful Cranchi 41 'Lady Amber' for 6 to 8 persons to the value of €800 was Mrs E. Lannigan from Castro Marim

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Senses...
skin care centre

Going on holiday is a great time to ditch those beauty products and enjoy having a natural, sun-kissed glow and beach-head hair.

All too often that bulging toiletries bag finds its way into the suitcase. But streamlining your beauty haul means you'll have more room for sarongs, sandals and bikinis, while ensuring that you don't go over your baggage allowance.

There are two ways of making your beautifying routine more suitcase-friendly. Either choose multi-use products or make use of lightweight mini travel sets.

Here's our pick of the best in jet-set beauty essentials.

Make-up

Condensing your make-up bag can be tricky if you're a cosmetics junkie. Look for a neutral or metallic colour palette which includes a selection of blushes,

eye shadows and lip colours. Then pack your own concealer stick, tinted moisturiser and mascara.

Face

Forget about your usual lengthy bedtime routines. There's no time or space for anti-ageing lotions and potions when you're on holiday. All you need is your cleanser, toner and daily moisturiser to maintain skincare standards.

Hair

Staying in a hotel? Don't pack your bulky all-singing, all-dancing hairdryer without checking with the hotel first. Contact the front desk prior to your trip and check whether there's one available in your room. If not, find a travel dryer or go au naturel!

Body

Body products are often the bulkiest beauty essentials to lug around. Downsize to lightweight

mini versions which won't break your back. Pick out a tropical or fruity-scented shower gel to get you into the holiday spirit as you get ready to hit the beach.

Fragrance

There's nothing worse than opening your suitcase to discover a spillage. Try and find mini samples of your favourite scent or, better still, switch to a roller ball style that's smaller, more concentrated and will waft provocatively from your pulse points in the heat.

Suncream

Never skimp on the suncream but if you're jetting off on a short-haul trip and don't want to take vats of SPF, check out the mini options available for sun protection, like sachets, towelettes or miniatures.

Multi purpose

Can't stand faffing around with hoards of mini creams, sprays and cosmetics? Stick to products that have multiple functions in your toiletries bag. Vaseline, for instance, can be used on dry lips, lashes and for removing make-up.

DIY beauty travel

If you don't want to shell out on a whole new beauty cabinet's worth of travel products, use your current stash. Create a DIY mini travel set with empty pots, fill with your favourite products and, ta-dah, you have your own customised beauty takeaway kit!

By Lisa Haynes

Lighten your load

Pack light with beauty's travel suitcase saviours.



As seen on TV's '10 Years Younger'



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Look into your child's

In the UK, between 40 and 50 children are diagnosed with Retinoblastoma eye cancer each year, but that number is growing, so we talk to people affected by this extremely rare childhood cancer.

wants to tell her story.

Today, when her daughter Isla Firth rushes around the garden wearing her favourite pink dress, there's nothing to distinguish her from other children. Only the intense look of pride mixed with protectiveness on her mother's face says Isla might be different.

Just 18 months ago, Julie feared losing Isla, after discovering her daughter was suffering from a rare cancer. "It seemed just like a trick of the light when I first saw something odd about the reflection in one of Isla's eyes," she says.

"She's such a whirlwind, always rushing about full of energy, and she just happened to be lying still when I saw a weird cat's-eye reflection. I probably would have dismissed it, but when my husband Richard saw it too we thought we'd check it out to be safe."

But that chance discovery led to a diagnosis, a week after her daughter's second birthday and when Julie was eight months pregnant, which devastated the family. Isla had retinoblastoma, a rare but fast growing eye cancer that can occur in early childhood.

In the UK, between 40 and 50 children are newly diagnosed each year, although around 98% of children survive after treatment. In about two-thirds of children, only one eye is affected, but in one-third, tumours develop in both eyes.

"When our doctor told us it was a growth and it was cancer I felt like my heart had been ripped out," says Julie, 35, who lives in West Yorkshire. "My mind raced with terrible thoughts of losing our beautiful girl, and Rich and I were completely devastated."

At Birmingham Children's Hospital, specialists found that the tumour was large, had already detached Isla's retina and that she had been blind in her right eye for some time. "We were stunned, as Isla was just a normal little girl and there was nothing to suggest she couldn't see out of that eye," Julie recalls. "We felt we had failed as parents not to notice anything, but we later realised unless you are aware of the signs, it can be easy to miss."

During a two-hour operation, Isla's eye was removed and she was given an implant, with a plastic lens designed to look like her old eye. The risk with retinoblastoma is the tumour can reach the part of the eye which contains blood vessels. If it does it may spread to other parts of the body, and in this case children are generally given chemotherapy as a precaution.

"We were so relieved to hear that Isla didn't need chemotherapy, and that her other eye was not affected," Julie says. "We felt we'd been given our little girl back."

Julie and Rich have been awed by their daughter's bravery. Never arguing or complaining about her treatment, she has braved the pain of the operation, undergone regular check-ups and adapted to living with a false eye.

"We call her artificial eye her 'magic eye' and she is gaining confidence about it - not feeling so shy about being 'different'."

As Isla did not have the genetic, inheritable form of the condition her little brother, Charlie, 16 months, is not at risk, although his eyes have been checked.

Julie and Rich's aim is to support the UK charity, The Childhood Eye Cancer Trust

(CHECT) in raising awareness about retinoblastoma this week.

"Early diagnosis is so crucial, as if it is detected early the sight may be saved, and of course the cancer may not have had time to spread," she says. "We feel so lucky that we still have our child to love and nurture, and we will do anything we can to help other parents be

aware of this condition."

What is Retinoblastoma?

According to the Childhood Eye Cancer Trust, (CHECT), Retinoblastoma (Rb) is a rare but fast-growing eye cancer of early childhood.

In very young children, who have only one eye affected at di-



"It seemed like a trick of the light when I first saw something odd about the reflection in one of Isla's eyes."

Looking into her little girl's eyes, Julie Firth suddenly caught sight of a strange reflection in

one pupil. It was the first sign of a life-threatening condition that could have cost the life of her two-year-old daughter. To alert other parents to the symptoms, Julie

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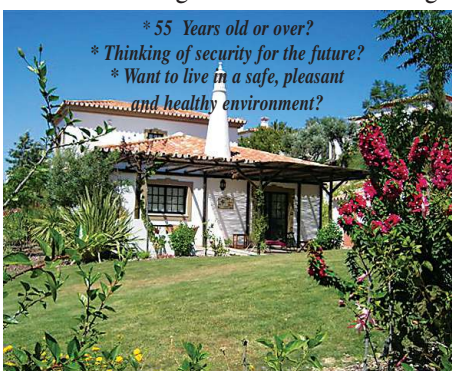
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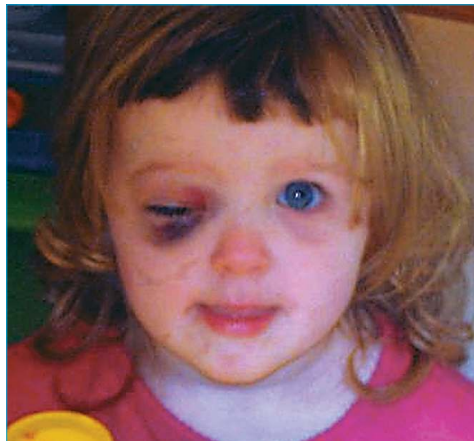
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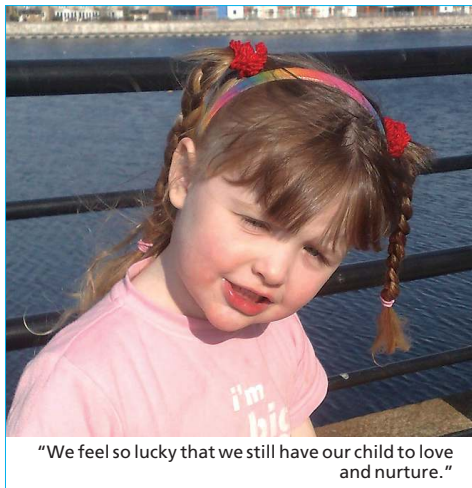
eyes

agnosis, it is possible for a tumour to develop in the second eye several weeks or even months

after the diagnosis of retinoblastoma in the first eye. Retinoblastoma occurs in two



During a two-hour operation, Isla's eye was removed and she was given an implant, with a plastic lens designed to look like her old eye.



"We feel so lucky that we still have our child to love and nurture."

forms: a genetic, inheritable variant accounting for 45% of cases and a non-genetic, non-inheritable form.

The number of tumours found in the eye also varies: sometimes only one tumour develops at the back of the eye, but frequently there are several tumours, and these may require more than one type of treatment.

:: How do I spot it?

Sometimes the light or flash from a camera can cause the pupils (the black circle in the middle of the eye) to look white in a photograph.

This could be due to the angle of the light when the photograph was taken or it can be a sign of something more serious, but it need not be retinoblastoma.

Other signs could be if the pupil flashes white - a bit like a cat's eyes caught in the beam of a car headlights.

You may notice this white reflection (called a reflex) in some artificial light, not just in a photograph. Or that the inside of the eye looks like jelly or is cloudy, one pupil is red and the other is black and looks 'wrong'.

The eye may also be red and

swollen and sometimes the child may have a squint.

:: What should I do?

If you are concerned about your child and recognise any of the symptoms above you should ask your family doctor or optician to do a test for the red reflex.

For information on the condition, call 00 44 (0)20 7377 5578 or visit www.chect.org.uk.

There are a number of different treatments available and the aims of treatment are firstly, to

preserve the life of the child, secondly, to preserve vision and thirdly, to minimise any complications or side-effects of treatment.

Gabrielle Fagan

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Elisa-Rose (Valérie Kermorvant's daughter) at the International Algarve Fair on 30th May, riding Toby, the Santuário dos Burros lovely donkey.

Researchers have developed computer programs to analyse the barking to try and work out whether the bark differs in different situations and between sizes and breeds. Recent tests have proved that there is actually a specific bark for warning of strangers or in a danger situation. A warning, consistent bark. It has been suggested that this type of bark has been developed by humans over the years specifically to alert to danger. In our house the Old English Sheepdogs are just too laid back to bark unless in play when trying to get attention for a ball. Definitely, the PWDs have a

danger bark. Generally our dogs have 'different' barks for 'different' things. It is up to us to work out exactly what they are trying to tell us. The other evening we spent about 4 hours trying to work out what Cleo was trying to tell us. She was sat bolt upright in various places in the living room and making strange barking noises every 30 minutes or so. She obviously wanted to tell us something, she seemed quite distressed by our lack of guessing. We went through all the issues, was she ill, hungry, hurting. She did settle down eventually, however the next day she was quite sick so perhaps she did feel ill and we were slow to pick up on it.

The ongoing research also found that dogs can recognise the difference between the danger bark and the communication bark from another of its species. Equally it has also been found by research that a dog can tell the difference between a big and small dog.

Growling research has also been carried out, again this growling is a means of communication between animals. Most people associate it with bad behaviour but it has many other indications in the canine world. Just like the barking it can indicate the size as it is determined by the size and shape of the vocal tract. Much more research has to be done.

Barking dogs are not restricted

to the Mediterranean even if it often feels that way. Dogs bark in the UK. My parent's small dog barks for warning purposes, postman, visitors, a car going past the door. I can well remember the barking through the night in the UK, whilst I worried about what particular horror was befalling the barking culprit. Bearded Collies love to bark in play as do the Old English Sheepdogs. Yes to others this may just be a barking dog, but in that case it is a very happy barking dog.

We as humans need to understand the behaviour of the animals we live with. Communication is fundamental to our interactions between humans and our dogs and is central to the way we live together, human and canine.

So, I suppose, my conclusion would have to be that next time we hear a dog barking or growling we have to remember that they really are not trying to be annoying. Over many years us humans have bred this sound into our canine companions over many generations. We could just listen and see what we can learn about them, are they warning, big or small.

My neighbour has about 7 dogs of all sizes, some tethered, some not. All bark day and night. Yes it is possible to decide between the outside, big tethered dogs and the smaller 'pet' house dogs. It is also possible to work out from the bark they all make when 'the goats are coming', 'the tractor is coming', 'the motorbike'. I had just never really thought 'out of the box', I just noticed the barking, not what it was telling me. So I will listen to my neighbours dogs more intently in future, it just might be to my advantage.

Protect your pet with knowledge. Knowledge is power and it could mean the difference between life and death. All our advice is given freely and in good faith. Please always discuss any pet problems with a qualified veterinary surgeon or other professional.

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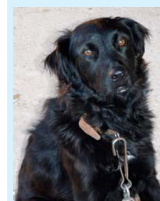
Silvério after **Bianca** Silvério before

SILVÉRIO was found on the beach, very thin and anaemic, dragging a short chain. It seems that he had spent long time on a short chain, mostly seated and without food. We have taken care of him and a few months later he is a healthy, even fattish dog. He also resulted in having an absolutely lovely character - loves people, wants cuddles, gets along with other dogs. He is around 2-3 years old, vaccinated, dewormed. If you would like to give him a good home he has never had, please contact Association Bianca at:

sesimbra.bianca@gmail.com or see our other dogs at www.bianca.pt/english You can also help us by fostering an animal on distance, making a donation or buying items from our charity shop: T-shirts, mouse pads, keyrings, fridge magnets and pins.

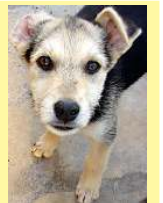


ROXY is a very sweet and playful young dog. She has been rescued from the street with a very nice family which have done the best for her. Unfortunately for her, they can't have more dogs! She is a very nice bitch which needs a playmate (male would be perfect). She enjoys long walks and would fit perfectly with a family. Roxy has been wormed, defleaded, vaccinated and she is spayed. Call Valérie for a visit 913 860 865 or 282 342 823 (evenings) lili10.evann@yahoo.fr



Energetic young bitch seeks home with male playmate for rough and tumble. Housetrained and very sociable; loves people, other dogs, cats, car travel, long walks, being brushed and cuddles. Medium size; vaccinated; spayed and in excellent health. Tel: 282 332 621 or email: sallylyons@mail.telepac.pt

MILLIE is a lovely young dog. She is almost 5 months old and will be adult medium size. She is very friendly and sweet with people and children. Millie is an ideal companion for a family as she enjoys playing. She is good on a lead and loves long walks. Millie has been wormed, defleaded and vaccinated. An arrangement is possible to get her spayed when she will be old enough. Call Valérie for a visit (I have more than 100 dogs to show you!) 913 860 865 or 282 342 823 (evenings) lili10.evann@yahoo.fr



Important Julie's message

Many of our clients and friends know that Julie, our No1 lynchpin at Paws4Pets has been on a 24 hour call in waiting list for a cornea transplant. She is in Hospital now. I am advising people just in case anyone has a specific enquiry with Julie and thinks she has overlooked it. Please just contact me Jan, with any outstanding questions/emails/return phone calls. This was so fast it was impossible to remember everything. Thank you all for your kindness and consideration.

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Just a week after Katy Rexstrew and Anne Grogan started their blog SOS Algarve Animals, two of the dogs featured have had a very happy outcome. Molly and Henry, two adorable eight week old puppies have gone to a lovely new home, so brother and sister can stay together. The blog www.sosalgarveanimals.blogspot.com will be updated daily and will feature animals in foster homes and in shelters across the Algarve. If you're able to offer a home to one of the Algarve's animals in need, why not log on to SOS Algarve Animals to see all the dogs and cats waiting for someone to love them.

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Bistro 190, London

There are restaurants and hotels you would walk straight past and never notice. Nothing on the outside reveals, or even hints, at what may lie behind the doors, unless someone tells you about it. You might have caught a glimpse on TV, for example a few weeks ago the BBC interviewed Lulu from Bistro 190. It's that sort of place, and judging by the 'showbiz' atmosphere and decor, you might guess that many others, including celebrities, from the film, television, media and fashion world have also recognised the attraction of this rather special restaurant tucked behind the discreet doors of the Gore Hotel in London's Queensway, and best of all, it's not even expensive. Their three course 'Theatre Menu' is well under £25.

As you walk in to the Gore, there is a small reception, and on the left the Bar 190 which seems much more like a traditional gentleman's club, lots of leather armchairs and wood panelling, and the sort of service

that makes these places so unique. In 1968 this was the setting for the iconic Rolling Stones' 'Beggars Banquet'. Be sure to try one of their Mojito's a traditional Cuban drink.

After your pre-dinner drinks, you walk back past reception into the restaurant. You can't fail to notice the décor. One food critic observed that it's "the favourable mingling of the quirky with the chic that helps Bistro One Ninety stand apart from the crowd", we couldn't have put it better ourselves. Just looking at the photos on the wall, and there are hundreds of them, will keep you amused as you wait for dinner to be served.

If you go for the Theatre Menu, it's very competitively

priced at £21.50 for two courses, or £23.50 for three. The à la carte menu is equally reasonably priced, with starters ranging from £5.95 to £7.50 and offers dishes with their own very distinctive approach. Steak tartar with duck egg, lime juice and coriander; fresh mussels steamed in cider and lemon juice, and served with crispy seaweed. If you have a more traditional palate, try the smooth chicken liver pate served with homemade crispy bread and their 'house' tomato chutney.

I have always viewed fish in any London restaurant as never being as fresh as we have here in Portugal, let's face it, London is not that near to the sea. I have to admit to being wrong. The crispy red sea bream, served with fresh

samphire and sauce choron was as good as any fish I have tasted, a simply superb flavour. The same crispy skin sea bass was also on the à la carte menu, this time served on a bed of vegetable julienne with tossed lobster butter and dill. We tried both, and neither disappointed in any way. Other main course choices were a 28 day aged ribeye steak with triple cooked chips, cumin rubbed rack of British lamb, or even their own fish cakes served with peppery rocket salad and lemon aioli sauce. The menu is not vast (a good sign) offering about ten choices of main course, so you know everything is going to be freshly cooked and served. Desserts, if not part of the theatre menu, are all priced at

£5.95, and just as imaginative as the main courses, with a couple of the more standard offerings like Crème Brûlée or a cheese board. For the more adventurous, try a blue cheese tart with Port and vanilla reduction and pear chutney, or perhaps peppered strawberry cheese cake on a white chocolate and biscuit base.

There is an excellent choice of wines, and the waiters recommendations can be relied upon.

Whilst there, ask at reception if you can see one or two of the hotel rooms. Prepare to be utterly amazed, the Gore Hotel is a place full of delightful surprises.

Bistro One Ninety, The Gore Hotel, 190 Great Queen Street, London. Tel: 0044 20 7584 6601 P.L.

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11 JUN-17 JUN



1 **O Gato das Botas**
Animation PV
(11.00 Sat & Sun) 13.00-15.00-17.00-19.00
Traitor
Don Cheadle, Guy Pearce
21.00 (23.35 Fri & Sat)
2 **Zack and Miri Make a Porno**
Seth Rogen, Elizabeth Banks
14.00-19.40-22.00 (00.20 Fri & Sat)
Knowing
Nicolas Cage, Rose Byrne
16.20
A Espada Mágica
Animation PV
(10.30 Sat & Sun)
3 **Angels & Demons**
Tom Hanks, Ayelet Zurer
12.20-15.20-18.20-21.20 (00.15 Fri & Sat)
Scooby Doo 2
Animation PV
(10.25 Sat & Sun)
4 **Terminator Salvation**
Christian Bale, Sam Worthington
13.25-16.00-18.35-21.10 (23.45 Fri & Sat)
Hotel for Dogs PV
Emma Roberts, Don Cheadle
(11.15 Sat & Sun)
5 **I Love You, Man**
Paul Rudd, Jason Segel
14.20-16.45-19.10-21.40 (00.05 Fri & Sat)
6 **Pokemon**
Animation PV
(10.20 Sat & Sun)
Terminator Salvation
Christian Bale, Sam Worthington
13.55-16.30-19.15-21.50 (00.25 Fri & Sat)
7 **Night at the Museum 2**
Ben Stiller, Amy Adams
14.15-16.40-19.05-21.30 (23.55 Fri & Sat)
Max & Co. - Animation PV
(10.20 Sat & Sun)
8 **Monsters vs. Aliens**
Animation PV
(10.50 Sat & Sun)
Knowing
Nicolas Cage, Rose Byrne
13.30-19.25
X-Men Origins: Wolverine
Hugh Jackman, Ryan Reynolds
16.55-22.10 (00.40 Fri & Sat)
9 **Ice Age 2**
Animation PV
(11.10 Sat & Sun)
Star Trek
Chris Pine, Zachary Quinto
13.40-19.05
Star Crossed
António Fonseca, Diogo Morgado
16.45-21.55 (00.15 Fri & Sat)

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11 JUN-17 JUN

1 **O Gato das Botas**
Animation PV
13.05-15.10-17.15-19.20
X-Men Origins: Wolverine
Hugh Jackman, Ryan Reynolds
21.25 (00.00 Fri & Sat)
2 **I Love You, Man**
Paul Rudd, Jason Segel
13.10-16.00-18.50-21.30 (00.10 Fri & Sat)
3 **Traitor**
Don Cheadle, Guy Pearce
13.15-15.55-18.40-21.05 (23.40 Fri & Sat)
4 **Zack and Miri Make a Porno**
Seth Rogen, Elizabeth Banks
13.50-16.05-19.00-21.20 (23.45 Fri & Sat)
5 **Monsters vs. Aliens**
Animation PV
13.20-15.50
Star Crossed
António Fonseca, Diogo Morgado
18.30-21.00 (23.30 Fri & Sat)
6 **Terminator Salvation**
Christian Bale, Sam Worthington
13.00-15.40-18.25-21.10 (23.50 Fri & Sat)
7 **Angels & Demons**
Tom Hanks, Ayelet Zurer
12.45-15.30-18.20-21.15 (00.05 Fri & Sat)
8 **Terminator Salvation**
Christian Bale, Sam Worthington
13.30-16.10-18.55-21.40 (00.20 Fri & Sat)

9 **Night at the Museum 2**
Ben Stiller, Amy Adams
13.40-16.20-18.45-21.45 (00.15 Fri & Sat)

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11 JUN-17 JUN

1 **I Love You, Man**
Paul Rudd, Jason Segel
13.30-16.10-18.40-21.40 (00.00 Fri & Sat)
2 **Angels & Demons**
Tom Hanks, Ayelet Zurer
13.10-15.55-18.45-21.30 (00.20 Fri & Sat)
3 **Night at the Museum 2**
Ben Stiller, Amy Adams
13.25-16.00-18.35-21.10 (23.50 Fri & Sat)
4 **Street Fighter: The Legend of Chun-Li**
Kristin Kreuk, Moon Bloodgood
13.35-16.20-18.50-21.50 (00.05 Fri & Sat)
5 **O Gato das Botas**
Animation PV
13.20-15.15-17.15-19.15
The Strangers
Liv Tyler, Scott Speedman
22.00 (00.10 Fri & Sat)
6 **Terminator Salvation**
Christian Bale, Sam Worthington
13.15-15.50-18.30-21.20 (23.55 Fri & Sat)

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11 JUN-17 JUN

I Love You, Man
Paul Rudd, Jason Segel
O Gato das Botas
Animation PV
Terminator Salvation
Christian Bale, Sam Worthington
Star Crossed
António Fonseca, Diogo Morgado
Zack and Miri Make a Porno
Seth Rogen, Elizabeth Banks
Traitor
Don Cheadle, Guy Pearce
O Último Condenado à Morte
Albano Jerónimo, Ângelo Torres
Night at the Museum 2
Ben Stiller, Amy Adams
Fly Me to the Moon
Animation PV
King of California
Evan Rachel Wood, Michael Douglas
Singularidades de uma Rapariga Loira
Catarina Wallenstein, Ricardo Trepça
Angels & Demons
Tom Hanks, Ayelet Zurer
Star Trek
Chris Pine, Zachary Quinto
X-Men Origins: Wolverine
Hugh Jackman, Ryan Reynolds
New in Town
Renée Zellweger, Harry Connick Jr
Knowing
Nicolas Cage, Rose Byrne
The Ruins
Jena Malone, Laura Ramsey
Fast & Furious
Vin Diesel, Paul Walker

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11 JUN-17 JUN

I Love You, Man
Paul Rudd, Jason Segel
Genova
Colin Firth, Catherine Keener
O Gato das Botas
Animation PV
Terminator Salvation
Christian Bale, Sam Worthington
Star Crossed
António Fonseca, Diogo Morgado
Zack and Miri Make a Porno
Seth Rogen, Elizabeth Banks
O Último Condenado à Morte
Albano Jerónimo, Ângelo Torres
Night at the Museum 2
Ben Stiller, Amy Adams
Fly Me to the Moon
Animation PV
King of California
Evan Rachel Wood, Michael Douglas
Angels & Demons
Tom Hanks, Ayelet Zurer
Star Trek
Chris Pine, Zachary Quinto
Cidade dos Homens
Douglas Silva, Darlan Cunha
Knowing
Nicolas Cage, Rose Byrne
He's Just Not That Into You
Drew Barrymore, Scarlett Johansson

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11 JUN-17 JUN

Bottle Shock
Alan Rickman, Chris Pine
Terminator Salvation
Christian Bale, Sam Worthington
Traitor
Don Cheadle, Guy Pearce
Flammen & Citronen
Mads Mikkelsen, Thure Lindhardt
Night at the Museum 2
Ben Stiller, Amy Adams
Fly Me to the Moon
Animation PV
Angels & Demons
Tom Hanks, Ayelet Zurer
Knowing
Nicolas Cage, Rose Byrne

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11 JUN-17 JUN

I Love You, Man
Paul Rudd, Jason Segel
O Gato das Botas
Animation PV
Terminator Salvation
Christian Bale, Sam Worthington
Star Crossed
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Zack and Miri Make a Porno
Seth Rogen, Elizabeth Banks
Night at the Museum 2
Ben Stiller, Amy Adams
Fly Me to the Moon
Animation PV
Angels & Demons
Tom Hanks, Ayelet Zurer
Knowing
Nicolas Cage, Rose Byrne

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11 JUN-17 JUN

I Love You, Man
Paul Rudd, Jason Segel
O Gato das Botas
Animation PV
Terminator Salvation
Christian Bale, Sam Worthington
Star Crossed
António Fonseca, Diogo Morgado
Zack and Miri Make a Porno
Seth Rogen, Elizabeth Banks
Traitor
Don Cheadle, Guy Pearce
Night at the Museum 2
Ben Stiller, Amy Adams
Fly Me to the Moon
Animation PV
Angels & Demons
Tom Hanks, Ayelet Zurer
Star Trek
Chris Pine, Zachary Quinto
Knowing
Nicolas Cage, Rose Byrne

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11 JUN-17 JUN

I Love You, Man
Paul Rudd, Jason Segel
O Gato das Botas
Animation PV
Rudo y Cursi
Gael García Bernal, Diego Luna
Terminator Salvation
Christian Bale, Sam Worthington
Flammen & Citronen
Mads Mikkelsen, Thure Lindhardt
Mes stars et moi
Catherine Deneuve, Kad Merad
Night at the Museum 2
Ben Stiller, Amy Adams
Angels & Demons
Tom Hanks, Ayelet Zurer
The Edge of Love
Keira Knightley, Cillian Murphy
Chacun son Cinéma
Isabelle Adjani, Takeshi Kitano
Star Trek
Chris Pine, Zachary Quinto
The International
Clive Owen, Naomi Watts
Max & Co.
Animation PV
This Is England
Andrew Shim, Jo Hartley
Gran Torino
Clint Eastwood, Bee Vang
Slumdog Millionaire
Dev Patel, Freida Pinto

PV = Portuguese
Version
OV = English
Version



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11 JUN-17 JUN

Terminator Salvation
Christian Bale, Sam Worthington
Night at the Museum 2
Ben Stiller, Amy Adams
Angels & Demons
Tom Hanks, Ayelet Zurer
Star Trek
Chris Pine, Zachary Quinto
X-Men Origins: Wolverine
Hugh Jackman, Ryan Reynolds
New in Town
Renée Zellweger, Harry Connick Jr
This Is England
Andrew Shim, Jo Hartley
Monsters vs. Aliens
Animation PV

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11 JUN-17 JUN

I Love You, Man
Paul Rudd, Jason Segel
O Gato das Botas
Animation PV
Terminator Salvation
Christian Bale, Sam Worthington
Star Crossed
António Fonseca, Diogo Morgado
Zack and Miri Make a Porno
Seth Rogen, Elizabeth Banks
Night at the Museum 2
Ben Stiller, Amy Adams
Fly Me to the Moon
Animation PV
Angels & Demons
Tom Hanks, Ayelet Zurer

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11 JUN-17 JUN

I Love You, Man
Paul Rudd, Jason Segel
O Gato das Botas
Animation PV
Terminator Salvation
Christian Bale, Sam Worthington
Zack and Miri Make a Porno
Seth Rogen, Elizabeth Banks
Traitor
Don Cheadle, Guy Pearce
Night at the Museum 2
Ben Stiller, Amy Adams
King of California
Evan Rachel Wood, Michael Douglas
Angels & Demons
Tom Hanks, Ayelet Zurer
Star Trek
Chris Pine, Zachary Quinto
X-Men Origins: Wolverine
Hugh Jackman, Ryan Reynolds
Knowing
Nicolas Cage, Rose Byrne
Monsters vs. Aliens
Animation PV

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11 JUN-17 JUN

I Love You, Man
Paul Rudd, Jason Segel
O Gato das Botas
Animation PV
Rudo y Cursi
Gael García Bernal, Diego Luna
Terminator Salvation
Christian Bale, Sam Worthington
Star Crossed
António Fonseca, Diogo Morgado
Let the Right One In
Kåre Hedebrand, Lina Leanderson
Zack and Miri Make a Porno
Seth Rogen, Elizabeth Banks
Traitor
Don Cheadle, Guy Pearce
Night at the Museum 2
Ben Stiller, Amy Adams
King of California
Evan Rachel Wood, Michael Douglas
Angels & Demons
Tom Hanks, Ayelet Zurer
Star Trek
Chris Pine, Zachary Quinto
X-Men Origins: Wolverine
Hugh Jackman, Ryan Reynolds
New in Town
Renée Zellweger, Harry Connick Jr
The International
Clive Owen, Naomi Watts
Knowing
Nicolas Cage, Rose Byrne
Fast & Furious
Vin Diesel, Paul Walker
Max & Co.
Animation PV

Monsters vs. Aliens
Animation PV
He's Just Not That Into You
Drew Barrymore, Scarlett Johansson
Gran Torino
Clint Eastwood, Bee Vang

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11 JUN-17 JUN

Terminator Salvation
Christian Bale, Sam Worthington
I Love You, Man
Paul Rudd, Jason Segel
Night at the Museum 2
Ben Stiller, Amy Adams
Knowing
Nicolas Cage, Rose Byrne
Angels & Demons
Tom Hanks, Ayelet Zurer
Monsters vs. Aliens
Animation PV
Fast & Furious
Vin Diesel, Paul Walker
Married Life
Pierce Brosnan, Rachel McAdams
The International
Clive Owen, Naomi Watts
The Edge of Love
Keira Knightley, Cillian Murphy
Zack and Miri Make a Porno
Seth Rogen, Elizabeth Banks

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11 JUN-17 JUN

Terminator Salvation
Christian Bale, Sam Worthington
Appaloosa
Ed Harris, Viggo Mortensen
Night at the Museum 2
Ben Stiller, Amy Adams
Angels & Demons
Tom Hanks, Ayelet Zurer
Fly Me to the Moon - Animation PV
Star Trek
Chris Pine, Zachary Quinto
I Love You, Man
Paul Rudd, Jason Segel
The International
Clive Owen, Naomi Watts

LUSOMUNDO
PALÁCIO DO GELO
TEL: 707 246362

11 JUN-17 JUN

Terminator Salvation
Christian Bale, Sam Worthington
Angels & Demons
Tom Hanks, Ayelet Zurer
Night at the Museum 2
Ben Stiller, Amy Adams
Fireflies in the Garden
Ryan Reynolds, Willem Dafoe
Fast & Furious
Vin Diesel, Paul Walker
Fly Me to the Moon - Animation PV
Star Trek
Chris Pine, Zachary Quinto
I Love You, Man
Paul Rudd, Jason Segel

LUSOMUNDO
BRAGAPARQUE
TEL: 707 246362

11 JUN-17 JUN

Night at the Museum 2
Ben Stiller, Amy Adams
Terminator Salvation
Christian Bale, Sam Worthington
I Love You, Man
Paul Rudd, Jason Segel
Fly Me to the Moon
Animation PV
Zack and Miri Make a Porno
Seth Rogen, Elizabeth Banks
Angels & Demons
Tom Hanks, Ayelet Zurer
Knowing
Nicolas Cage, Rose Byrne
O Gato das Botas
Animation PV
Star Crossed
António Fonseca, Diogo Morgado
Singularidades de uma Rapariga Loira
Catarina Wallenstein, Ricardo Trepça

LUSOMUNDO
DOLCE VITA PORTO
TEL: 707 246362

11 JUN-17 JUN

Terminator Salvation
Christian Bale, Sam Worthington
Angels & Demons
Tom Hanks, Ayelet Zurer
Star Crossed
António Fonseca, Diogo Morgado

Fly Me to the Moon
Animation PV
I Love You, Man
Paul Rudd, Jason Segel
Night at the Museum 2
Ben Stiller, Amy Adams
O Gato das Botas - Animation PV
Traitor
Don Cheadle, Guy Pearce
Bottle Shock
Alan Rickman, Chris Pine

LUSOMUNDO
MAIA SHOPPING
TEL: 707 246362

11 JUN-17 JUN

Terminator Salvation
Christian Bale, Sam Worthington
Night at the Museum 2
Ben Stiller, Amy Adams
Fly Me to the Moon
Animation PV
Angels & Demons
Tom Hanks, Ayelet Zurer
Star Trek
Chris Pine, Zachary Quinto
Cidade dos Homens
Douglas Silva, Darlan Cunha

LUSOMUNDO
GAIA SHOPPING
TEL: 707 246362

11 JUN-17 JUN

I Love You, Man
Paul Rudd, Jason Segel
O Gato das Botas
Animation PV
Terminator Salvation
Christian Bale, Sam Worthington
Star Crossed
António Fonseca, Diogo Morgado
Night at the Museum 2
Ben Stiller, Amy Adams
Fly Me to the Moon - Animation PV
Angels & Demons
Tom Hanks, Ayelet Zurer
Star Trek
Chris Pine, Zachary Quinto
Fast & Furious
Vin Diesel, Paul Walker
The International
Clive Owen, Naomi Watts
Cidade dos Homens
Douglas Silva, Darlan Cunha

LUSOMUNDO
NORTE SHOPPING
TEL: 707 246362

11 JUN-17 JUN

I Love You, Man
Paul Rudd, Jason Segel
O Gato das Botas
Animation PV
Terminator Salvation
Christian Bale, Sam Worthington
Star Crossed
António Fonseca, Diogo Morgado
Zack and Miri Make a Porno
Seth Rogen, Elizabeth Banks
Night at the Museum 2
Ben Stiller, Amy Adams
Fly Me to the Moon - Animation PV
Angels & Demons
Tom Hanks, Ayelet Zurer
Knowing
Nicolas Cage, Rose Byrne

LUSOMUNDO
PARQUE NASCENTE
TEL: 707 246362

11 JUN-17 JUN

I Love You, Man
Paul Rudd, Jason Segel
O Gato das Botas
Animation PV
Terminator Salvation
Christian Bale, Sam Worthington
Star Crossed
António Fonseca, Diogo Morgado
Zack and Miri Make a Porno
Seth Rogen, Elizabeth Banks
Night at the Museum 2
Ben Stiller, Amy Adams
Fly Me to the Moon - Animation PV
Angels & Demons
Tom Hanks, Ayelet Zurer
Star Trek
Chris Pine, Zachary Quinto
Knowing
Nicolas Cage, Rose Byrne
X-Men Origins: Wolverine
Hugh Jackman, Ryan Reynolds
The Ruins
Jena Malone, Laura Ramsey
Closing the Ring
Shirley MacLaine, Christopher Plummer
Confessions of a Shopaholic
Isla Fisher, Hugh Dancy

In *I Love You, Man*, a comedy from John Hamburg, Peter Klaven (Paul Rudd) is a successful real estate agent who, upon getting engaged to the woman of his dreams, Zooey (Rashida Jones), discovers, to his dismay and chagrin, that he has no male friend close enough to serve as his Best Man.

Peter immediately sets out to rectify the situation, embarking on a series of bizarre and awkward "mandates," before meeting Sydney Fife (Jason Segel), a charming, opinionated man with whom he instantly bonds. But the closer the two men get, the more Peter's relationship with Zooey suffers, ultimately forcing him to choose between his fiancée and his new found "bro", in a story that comically explores what it truly means to be a "friend".

ARE YOU MAN ENOUGH TO SAY IT?



HE NEEDED A BEST MAN... HE GOT THE WORST.



In 1976, a small American winery bested the exalted French wines of the time and sent the wine industry into a flurry - putting California wines on the map for good. Based on a true story, *Bottle Shock* chronicles the events leading up to the famous 'Judgment of Paris' tastings, told through the lives of father and son, Jim and Bo Barrett. A former real estate attorney, Jim (Bill Pullman) sacrificed everything to realize his dream of creating the perfect hand-crafted chardonnay. His business, Chateau Montelena, is struggling and he's not only trying to overcome differences with his slacker son (Chris Pine), but is also fighting off the creditors. Meanwhile in Paris, British wine shop owner Steven Spurrier (Alan Rickman) hopes to revive his own failing business by sponsoring a competition which will pit the traditional French powerhouses against the California upstarts. Little did Steven and Jim realize that they were both on course to change the history of wine forever.

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Colin Firth

GENOVA Catherine Keener

The happy existence of Joe (Colin Firth) and his young family is turned upside down in an instant when a horrific car accident takes the life of his wife. In search of a fresh start, Joe decides to leave behind his home in the United States - which holds too many memories of a once happy family - and relocate himself and his two young daughters to Genova, Italy. But contrary to the new beginnings he had hoped to find, it appears that the thick fog of grief hanging over their household continues to affect them all.



Film Classification

I Love You, Man - M/12
Bottle Shock - M/12
Genova - M/12
O Gato das Botas - M/4
Terminator Salvation - M/12

Traitor - M/12
Zack & Miri Make a Porno - M/16
Let The Right One In - M/16
Night at the Museum 2 - M/12
Fly Me to the Moon - M/6
King of California - M/12
Angels & Demons - M/12

Star Trek - M/12
Cidade dos Homens - M/12
X-Men Origins: Wolverine - M/12
Knowing - M/12
Fast & Furious - M/12
Max & Co. - M/6
Monsters vs Aliens - M/4

M/4 - Suitable for audiences aged four years and over
 M/6 - Suitable for audiences aged six years and over
 M/12 - Suitable for audiences aged 12 years and over
 M/16 - Suitable for audiences aged 16 years and over
 M/18 - Suitable for audiences aged 18 years and over



HIGHLIGHTS



MANTA ROTA - June 13 - Craft Fair at The Well/A Nora (near 'BookLovers Choice') between 11h00 and 17h00 - Stalls will include local food produce, gifts, flowers and jewellery - Food will be available in the cafe - Everyone welcome.



PORTO - Jun 23 - Concerto de S. João (St. John Concert) by the ONP-Orquestra Nacional do Porto (Porto National Orchestra) conducted by **Pedro Neves** - Music from Dmitri Shostakovich, Heitor Villa-Lobos, Eduard Strauss, Richard Rodney Bennett, Jonathan Dove, Maurice Ravel and John Adams - 22h00 - Square in front of Casa da Música - Free entrance - Tel: 220 120 214 - Casa da Música is on Av. da Boavista, n°s 604 to 610 www.casadamusica.com



SILVES - June 12: Fado; **June 13:** André Mota Quartet; **June 14:** Walking Free (Brazil music, pop & reggae). All shows at 20h30 - Café Inglês on the steps of the Castle of Silves - 282 442 585 - cafeingles@gmail.com

LOULÉ - BBQ - Saturday, June 27 at Quinta Fonte do Bispo, Sta. Catarina in aid of the Canil São Francisco, Loulé, organised by the Távira Fund Raisers - 15pp. The canil takes in neglected and ill treated animals and cares for them. The proceeds from this BBQ will go to help pay vets bills and buy food and disinfectant so please support us if you can. Contact Pat on 281 323 493 or email diane@deals.com to book tickets or for further information.



BLUEWATER LAGOS SUMMER FUN SAILING WEEKEND FOR CRUISERS

MARINA DE LAGOS Sailing days: 3rd-4th-5th July 2009 (5 races : 3 days)

€50 for skipper & boat
€40 for each crew or non-sailors (allows entry to ALL social functions)

What you get!

- BERTHING (2-6 July)
- MUSTO race shirts
- DRINKS during race results on 3rd and 4th July
- sponsored by SOUTH BAR
- ALL-INCLUSIVE
- Greek-Roman style (ok-toget) PARTY on final night Sunday 5th July, at the beautiful
- DUNA BEACH for final results and prizegiving - FOOD, DRINK and LIVE MUSIC by the fabulous BETO KALILU

Amazing value! Book early to guarantee your place

The whole weekend will celebrate the 15th anniversary of the Marina de Lagos the 10th anniversary of Bluewater Algarve and the 15th anniversary of Rally Portugal - so it really is going to be the event of the season!!

FOR MORE DETAILS, CONTACT: Bluewater Algarve
By phone: 282 792 455
By email: events@bluewateralgarve.com
Or call into our office in Lagos Marina

ALCANTARILHA

UNTIL JUNE 15

Painting Exhibition by Anabela Aiveca - Capela das Artes Art Gallery - The art gallery is open Tuesday to Sunday, 16h00 to 21h00 - Espaço Cultural de Alcantarilha, Apartado 101, Quinta da Cruz, E.N. 125 - T. 282 320 200 - F. 282 320 209 - www.capeladasartes.com

ALMÁDENA

JUNE 13 & 14

Campeonato Nacional de TREC at Centro Hípico Tiffany's in Almádena (Lagos) - <http://www.teamtiffanys.com/Prog13-14Junho.pdf>

ALMANCIL

JUNE 13

Concert by Trio Pangea composed by **Bruno Belthoise** (pianist), **Adolfo Rascón Carbajal** (violinist) and **Teresa Valente Pereira** (cellist) - works from Bach, Lopes-Graça, Freitas Branco, Honegger and Shostakovich and a variety of pieces by Hieaux, Shostakovich and Fauré - 19h30 - Centro Cultural S. Lourenço - located next to the Church - Entry €25 (wine and canapés will be served from 19h00 and during the interval)

JUNE 19

Dinner/Dance - With the New Orleans Jazz Quartet - A Colina Restaurant in Vale Ludo - Reservations: 289 358 792

UNTIL JUNE 30

Exhibition opening includes new work by **Ivan Ullmann**, **Jessica Dunn** and four other artists - Studio GT on Rua de Vale Formoso - Prime Wine, cheese & pickle from 6pm until 8pm - 289 391 566

FARO

JUNE 19 TO 21

15th Motorcycle Meeting - Sítio da Mata Lobos - More information on www.cm-faro.pt

JUNE 14 & 21

Jazz at the Gazebo of Jardim Manuel Bivar - www.cm-faro.pt

LAGOA

JUNE 12, 13 & 14

The Algarveans present 'Glorious!' - A Comedy in English by **Peter Quilter** directed by **Jenny Quilter** - Play about Florence Foster Jenkins, the vocally challenged American soprano with Siân in the starring role - 12th & 13th: 20h00; 14th: 17h00 - Bookings 282 789 608 / 289 561 594 - €10 (€5 Students)

LAGOS

UNTIL JUNE 30

14 years later... Art exhibition MALA at the Slavemarket - Contacts: 00351-919211557, annegret.aidan@sapo.pt

www.the-news.net

SOUTH

MONDAYS

The New Orleans Jazz Band - Free concert - 20h30 - Tivoli Hotel - Rua Vasco da Gama - 289 591 804

LOULÉ

UNTIL JUNE 20

Solo Photo Exhibition by Raul Morgado - chá d'Arte Tea Room and Art Gallery - Open Mon-Fri: 13h00-2h00; Sat: 10h30-2h00; Closed Sundays - D. Pedro I Square, n° 5, 6 - 964 628 735

PADERNE

UNTIL JUNE 30

Exhibition 'Perfectly Small Paintings at Perfectly Affordable Prices' by 20 talented international artists - Picture box space of Corte-Real art gallery - also available are selected pottery, sculptures, organic products & produce - Fri & Sat: 11h-19h; Thu & Sun: 11h-17h - Signs from Boliquire, Ferreiras & Paderne - T. 918 980 199 / 912 737 762

PERA

UNTIL OCT 22

'Discoveries' International Sand Sculpture Festival - Construction site on road to Algez - Open daily from May 22 to October 22 - 10h00 and 24h00 - 969 459 259 - www.fiesa.com

PORTIMÃO

TUESDAYS

The New Orleans Jazz Band - Mariner's Bar/Restaurant - R. Santa Isabel - 914 806 310

QUARTEIRA

UNTIL JUNE 14

3rd Quarteira Gastronomy Show 'Sabores à beira mar '09' (Seashore Flavours '09) - Quarteira welcomes you to this festival rich in its gastronomy traditions and intimate relation with the sea - the perfect setting for you to taste the best fish and shellfish of the region - www.cm-loule.pt

TAVIRA

UNTIL JUNE 28

Exhibition 'RAP (Robotic Action Painter) - A Portuguese Robot created by **Leonel Moura** - RAP creates original drawings and decides when the work is completed and signs in the lower right corner of the painting - Palácio da Galeria Educativa Services of Tavira Municipal Museum - 281 320 500 (Ext. 324) - edu.museum@cm-tavira.pt

VALEDO LOBO

UNTIL JULY 28

Unique collection of abstract pieces by the talented Portuguese artist **João Paramés** at Vale do Lobo Art Gallery is display - Vale do Lobo Art Gallery - organised in collaboration with S. Lourenço Cultural Centre - Free Mon-Sat: 10h-19h - 289 353 322 - events@vdl.pt

NORTH

JUNE 19



Concert in commemoration of the 50th anniversary of Conductor **Alvaro Cassuto's** career by Orquestra do Norte conducted by Alvaro Cassuto and at the piano António Rosado - Coliseu do Porto - 21h30 - T. 223 394 940

UNTIL JUNE 20

'Invasion' Drawing Exhibition by Craig Atkinson - Galeria Dama Alita - Rua da Picaria, 84 - T. 927 203 858 - www.damaalita.com

GUIMARÃES

JULY 16 TO 18

MANTA Music Festival with Bishop Allen, Young Gods and José González - Gardens of Centro Cultural Vila Flor - Av. D.Afonso Henriques, 701 - 253 424 700

CENTRE

ARRAIÓLOS

UNTIL JUNE 14

'The Carpet is on the Street Arraiolos '09' Exhibitions, Shows, speeches, theatre, street entertainment, etc. - Câmara Municipal de Arraiolos - Praça Lima e Brito - T. 266 490 240 / 266 490 257 / www.cm-arraiolos.pt

CASCAIS

DAILY

Cascais Cultural Centre - Concerts, shows, exhibitions, & other events. - shops, coffee shop & terrace - Open: 10h00-18h00 (Closed Mon) - Av. Rei Humberto II de Itália - 214848900

DAILY

Sea Museum - Rei D. Carlos - Rua Júlio Pereira da Mello in Cascais - 214825400

ESTORIL

JUNE 20

Concert evoking Mozart by the Orquestra Metropolitana de Lisboa (Lisbon Metropolitan Orchestra) - 17h00 - Tickets €10 - Info.estoril@estoril-sol.com 214667700 - 214825400

DAILY

Casino Estoril - Shows, games, concerts, lots of entertainment and Art Gallery - Info.estoril@estoril-sol.com 214667700 - 214825400

GOLEGÃ

UNTIL MAY 31

Paintings & Etchings by Mary St. George - Galeria de Arte 'João Pedro Veiga' - Rua D. João IV, 2150 Golegã - T. 249 979 000 - Tue-Sun (closed Mon & holidays) - 9h30-18h00 - www.zhibit.org/marystgeorge

LISBON

UNTIL JUNE 15

78th Lisbon Book Fair - Parque Eduardo VII - 132 participants with 203 pavilions (11 dedicated to children) - www.feiradolivrodelsboia.pt

JUNE 20

Concert by Calouste Gulbenkian Orchestra - Open Air Amphitheatre - Calouste Gulbenkian Foundation - Av. de Berna 45A - 217 823 000

SINTRA

DAILY



Pena Palace - The Palace dates back to 1839 - Visits info: Sintra City Hall on Largo Dr. Vergílio Horta - 219238500 - geral@cm-sintra.pt

LISBON SUMMER CONCERTS:

June 18 - Dream Theater & Guests - Metal/Progressive - 21h00 - Coliseu dos Recreios - **June 25 & 28 - Mamma Mia** - at 21h15 & 16h00 - Musical - Pavilhão Atlântico - **June 27 - Elton John** in concert - British singer and song writer - Restelo Stadium - **July 4 - Kylie Minogue** - 21h00 - Pop/Rock - Pavilhão Atlântico - **July 22 - Eagles** 'Long Road out of Eden' - 21h00 - Pop/Rock - Pavilhão Atlântico - **July 25 - Anastacia** - 21h00 - Pop/Rock - Pavilhão Atlântico - **July 30 - Leonard Cohen** - 21h00 - Pop/Rock - Pavilhão Atlântico - **July 31 - Seal** in concert - 22h00 - Seal, the most popular soul vocalist of the decade - Tickets: €20, €60 - Cascais Hippo-drome.



Events may be cancelled, delayed or fail to live up to their billing. Send us your events to copy@the-news.net by Tuesday before publication.

TICKETS: Most tickets are available at FNAC and Worten outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night. Websites: www.pavilhaoatlantico.pt; www.ticketline.pt | Phone numbers: Ticketline 707 234 324

6.00 Breakfast. (T) 9.00 Saturday Kitchen. (T) 10.30 Trooping the Colour. (T) 12.20 BBC News; Weather. (T) 12.30 A Question of Sport. (R) (T) 1.00 Tennis from Queen's. The AEGON Championships semi-finals. (T)

5.40 Weakest Link. Anne Robinson hosts the general knowledge quiz in which contestants answer questions as a team, eliminating the poorest players as they go. (R) (T)

6.25 BBC News; Regional News; Weather. (T)

6.45 Robin Hood. Allan summons the others when he spots Gisborne and Robin fighting, but the gang is surprised to hear that the former enemies have formed an alliance. As Isabella puts a price on their heads, the unlikely duo race to fulfil a promise to their dying father by rescuing their half-brother Archer from his death sentence in York. Tracy-Ann Oberman guest stars, with Jonas Armstrong and Richard Armitage. (T)

7.30 Totally Saturday. Entertainment show hosted by Graham Norton in which another audience member has the chance to race in a life-sized hamster wheel in a bid to win cash prizes. Plus, two families compete for the holiday of a lifetime in the Sofa Showdown and a fan's dream is realised when they come face to face with their idol. (T)

8.30 The National Lottery Draws. Christopher Biggins and Sean Maguire, stars of BBC Two comedies Psychoville and Krod Mandoon and the Flaming Sword of Fire, set the balls rolling to reveal the results of the Thunderball, Dream Number and Lotto draws. (T)

8.40 Casualty. Ruth tries to impress a surgeon who is shadowing her, but she remains awkward and unable to relax - even at a social event with Jay. Jordan considers sharing his secret with Zoe in an attempt to quell Adam's fears about his blossoming relationship with her, Jessica's desperation to be reunited with her children clouds her judgement, and Big Mac rescues an injured pigeon fancier. (T)

9.30 Michael McIntyre's Comedy Roadshow. The comedian continues his tour of the UK by visiting the Manchester Apollo, where he is joined by Jason Manford, John Bishop, Sarah Millican and Mick Ferry for more stand-up routines. (T)

10.15 BBC News; Weather. (T) National Lottery Update. (T)

10.35 FILM: Reign of Fire (2001). Fantasy adventure, starring Christian Bale. (T)

12.10 Friday Night with Jonathan Ross; (R) (T) Weatherview. (T) 1.15 BBC News. (T)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 7.00 CBBC: Funky Fables. (R) (T) 7.15 Eliot Kid. (R) (T) 7.30 Dinosauiers. (R) (T) 7.50 Wolverine and the X-Men. (R) (T) 8.10 The Owl. (R) (T) 8.15 Sportsround. (R) (T) 8.30 What's New Scooby-Doo? (R) (T) 8.50 Frankenstein's Cat. (R) (T) 9.00 Sorry, I've Got No Head. (R) (T) 9.30 Hotel Trubble. (R) (T) 10.00 Transmission Impossible with Ed and Ouchto. (T) 11.30 Young Dracula. (R) (T) 12.00 BBC Switch: Sound. (T) 12.30 BBC Switch: Class of 2008 - Graduated. (R) (T) 12.55 BBC Switch: Class of 2008 - Graduated. (R) (T) 1.20 BBC Switch: Myths. (R) (T) 1.25 BBC Switch: Myths. (R) (T) 1.35 BBC Switch: Myths. (R) (T) 1.40 BBC Switch: Myths. (R) (T) 1.45 BBC Switch: Myths. (R) (T) 1.55 BBC Switch: Myths. (R) (T) 2.00 The Sky at Night. (R) (T) 2.20 FILM: Jubal (1956). Western, starring Glenn Ford. (T) 4.00 Flog It! (R) (T) 5.00 Empire of Cricket. (R) (T) 6.00 Planet Earth. (R) (T) 7.00 Dad's Army. The vicar and verger enlist in the Home Guard, but their over-enthusiastic man-management brings the wrath of Warden Hodges down upon the church hall. (R) (T) 7.30 Trooping the Colour: Highlights. The best moments from this morning's military parade. (T) 9.00 Have I Got a Bit More News for You. With Shappi Khorsandi and Hugh Fearnley-Whittingstall. Last in the series. (T) 9.40 Manet: The Man Who Invented Modern Art. Profile of Edouard Manet. (T) 11.10 Cricket: ICC World Twenty20. (T) 12.10 FILM: Taking Sides (2001). Fact-based drama, starring Harvey Keitel. (T) 1.55 FILM: The Horseman on the Roof (1995). French romantic period drama, with Olivier Martinez and Juliette Binoche. 4.05 Close.

Pick of the Day

Mumbai Calling (ITV1 Granada, 9.30pm)

A few eyebrows were raised when this sitcom was launched on the same night as the final of Britain's Got Talent. Many thought it might be forgotten in the wave of hysteria surrounding the massively popular reality show - particularly as Saturday night is not the traditional place to find top-class sitcoms. But there were a few choice individuals who thought it was worth tuning in for half an hour to test the waters. And they were pleasantly surprised by what they found — namely a well-written and acted comedy focusing on British-Asian Kenny Gupta, who feels like a fish out of water when he's transferred to a call centre in Mumbai. His boss, Terri, has now joined him in the hope of finding out why the business isn't doing well. Her latest brainwave involves hiring actor Benedict Harlow to teach the Indian staff how to speak with a clear English accent. He embarks on a radical training program, but Dev's attention is taken by local gangster Don Kohli, who's demanding protection money. Thankfully, when Harlow returns to the offices to collect his pay, he brings with him a Bollywood star who proves to be rather useful when it comes to getting the villain off everybody's backs. Watch out for Richard E Grant in a guest role.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 World Sport. 7.30 British GT Championship. 8.00 The Morning Line. (T) 8.55 T4: Yo Gabba Gabba. (T) 9.25 T4: Friends. (R) (T) 9.55 T4: One Tree Hill. (T) 10.55 T4: Friends. (R) (T) 11.30 T4: Big Brother. (R) (T) 12.30 T4: Big Brother. (R) (T) 1.00 T4: Scrubs. (T) 1.30 T4: Scrubs. (T) 2.00 Channel 4 Racing from York and Sandown Park. Including the 3.45 Daniel Penn Royal Yorkshire Stakes (H'cap) (1m 2 1/2f). (T) 4.00 Coach Trip. (R) (T) 4.30 Coach Trip. (R) (T) 5.00 Coach Trip. (R) (T) 5.30 Coach Trip. (R) (T) 6.00 Coach Trip. (R) (T) 6.30 Channel 4 News. (T) 7.00 Bear Grylls: Born Survivor. The former soldier parachutes into Turkey, where he faces harsh terrain including mountains, steppes and whitewater rapids, along with lethal scorpions. (T) 8.00 ER. The doctors are unsure what to make of their tough new chief as they struggle to come to terms with the death of Pratt. Gates and the new interns treat a bio-terrorist. (T) 9.00 Big Brother. Highlights from the past 24 hours, including coverage of the first eviction from the housemates' perspective. (T) 10.00 Alan Carr: Tooth Fairy Live. Stand-up comedy from the Hammersmith Apollo. (R) (T) 11.10 The World's Greatest Stand Up. (R) (T) 12.15 4Music Intros. (T) 12.20 Big Brother Live. 4.00 Afterworld. (R) (T) 4.30 Dispatches: Crash Gordon. (R) (T) 5.25 Countdown. (R) (T)

FIVE

6.00 Sunrise. 7.00 Milkshake! Angels of Jarm. (T) 7.05 Franklin. (R) (T) 7.30 Hana's Helpline. (R) (T) 7.45 Olivia. (R) (T) 8.00 The Adventures of Bottle Top Bill and His Best Friend Corky. (T) 8.15 Animal Families. (R) (T) 8.35 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.50 Mist: Sheepdog Tales. (T) 9.05 Roary the Racing Car. (R) (T) 9.20 Bert and Ernie's Great Adventures. (R) (T) 9.30 Gerald McBoing Boing. (R) (T) 10.00 The Grid. (T) 10.30 Mean Machines. (R) (T) 11.00 Fifth Gear. (R) (T) 12.00 Air Force Afghanistan. (R) (T) 1.00 Fifth Gear Shortcuts. (R) (T) 1.10 FILM: Kart Racer (2003). Drama, starring Randy Quaid. (T) 3.00 FILM: Three Ninjas Kick Back (1994). Family action adventure, starring Mac Elliott Slade. (T) 4.40 Five News. (T) 4.50 FILM: The Shootist (1976). Western, starring John Wayne. (T) 6.40 FILM: Guns of the Magnificent Seven (1969). The gunslingers set out to save a Mexican revolutionary leader from a military prison. Western sequel, starring George Kennedy and Joe Don Baker. (T) 8.30 NCIS. The suspected murder of a petty officer turns out to be a ghoulish practical joke - but a genuine death follows shortly afterwards. Mark Harmon stars. (R) (T) 9.30 CSI: NY. Mac reopens the case of a man convicted of killing a cyclist when new evidence emerges suggesting he was not the driver of the vehicle. Meanwhile, Lindsay gives birth. (T) 10.30 Law & Order. (T) 11.30 Crime Scene Academy. (R) (T) 12.00 Quiz Cast. 3.00 NHL: Detroit Red Wings v Pittsburgh Penguins. 4.00 The Gadget Show. (R) (T) 4.45 Neighbours. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Neighbours. (R) (T)

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 The Crocodile Hunter Diaries. (R) (T) 10.30 Quincy ME. (R) (T) 11.30 Quincy ME. (R) (T) 12.30 Who Wants to Be a Millionaire? Celebrity. (R) (T) 1.30 ITV News and Weather; Weather. (T) 1.35 FILM: Beethoven's 4th (2001). Comedy sequel, starring Jude Reinhold. (T) 3.25 FILM: Junior (1994). Comedy, starring Arnold Schwarzenegger. (T)

5.30 London Tonight; Weather. (T)

5.45 ITV News and Weather. (T)

6.00 You've Been Framed! Comedian Harry Hill narrates a selection of camcorder calamities and viewers' mobile phone footage, including a wedding ruined by a quack bike, an agoraphobic dog and a cat that hates being called fat. Plus, motoring mayhem, dat teens and parties that go with a bang. (R) (T)

6.30 Britain Does the Funniest Things. Stephen Mulhern travels to the seaside town of Blackpool to present a collection of comic home videos and quirky stories. (T)

7.30 Who Wants to Be a Millionaire? New series. Danny Boyle's multi-Oscar-winning film Slumdog Millionaire was a massive hit with the public, and here is a chance to see the quiz show that kicked-started the phenomenon as Chris Tarrant returns as host. Another line-up of contestants are hoping to answer questions that could change their lives, with lifelines Ask the Audience, Phone a Friend and 50-50 available to them if they get stuck. (T)

8.30 All Star Mr & Mrs. Coronation Street's Anne Kirkbride and her husband David Beckett, former racing driver Stirling Moss and his wife Susie, and TV presenters Michael Underwood and Angellica Bell reveal just how much they know - or do not know - about each other. Fern Britton and Phillip Schofield ask the questions as the couples explore their relationships to public scrutiny to raise money for charity. (T)

9.30 Mumbai Calling. An actor is hired to teach the call centre operators to speak with clear English accents, although the scheme fails miserably. Meanwhile, Dev, Kenny and Terri are threatened by a gangster demanding protection money from Teknabable, but the arrival of a Bollywood star looks set to redeem the situation. Guest starring Richard E Grant. (T)

10.00 ITV News and Weather; Weather. (T)

10.15 FILM: Top Gun (1986). An arrogant pilot joins an elite US Navy fighter squadron. Aerial action adventure, starring Tom Cruise, Val Kilmer and Kelly McGillis. (T)

12.15 Six Degrees. (R) (T) 1.05 FILM: Point of Origin (2002). Fact-based crime drama, starring John Leguizamo. (T) ITV News Headlines. 2.30 Nightwatch with Steve Scott; Mystery. (R) (T) 3.25 ITV Nightscreen.

LOCAL

RTP1
0630 Children TV 0800 Bom Dia Portugal 1100 Portugal Sem Fronteiras 1300 News 1400 Top+ 1455 The Cinderella Story. film 1640 Ler+ 1910 O Preço Certo 2000 News 2100 Voz do Cidadão 2125 Dã-me Música 2300 The Bodyguard, film 0125 Close to Home, series 0300 Top+ 0400 Teleales

RTP2
0700 Euronews 0800 África 7dias 0830 Notícias de Portugal 0900 Open University 1000 Zig Zag 1230 Children's Film 1350 Zag 1400 Bastidores 1500 Sports 1900 Entre Pratos 1930 The Class, series 2015 Geração Cientista 2030 Wild Orphans 2055 The Worlds Smartest Boy 2145 A Hora da Sorte 2200 News 2245 Chicago, film 0035 Seven Bridges for Seven Brothers, film 0215 Sports 0601 Euronews

SIC
0600 Etnias 0645 Sic Kids 0830 Disney Kids 1015 Programa da Lucy 1200 Planet Earth 1300 News 1400 Episódio Especial 1500 Film 1800 All Stars '09 2000 News 2130 Salve-se Quem Puder: Famosos 2315 Guinness. O Mundo dos Recordes 0015 Film 0200 Quando o Telefone Toca 0400 Semper Fi, film

TVI
0700 Children TV 0930 Smackdown, wrestling 1030 Campeões e Detectives 1115 Deluxe 1215 Antevésio 1300 News 1400 Film 1600 Film 1800 Morangos com Açúcar 2000 News 2115 Deixa Que Te Leve 2215 Flor do Mar 2315 Olhos nos Olhos 0015 Basilik: The Serpent King, film 0215 Sempre a Somar 0400 The Office, series 0430 Law & Order: Special Victims Unit, series 0530 Teleales

Best of the Rest

BBC3
7.00 Make My Body Younger 8.00 The Real Hustle on Holiday 8.30 Top Gear 9.30 Film: Sweet Home Alabama 12.10 11.15 Live at the Apollo 12.00 Family Guy 12.25 American Dad! 12.45 The Real Hustle on Holiday 1.15 Make My Body Younger 2.15 When Did Go Wrong 3.15 Blood, Sweat and Takeaways 4.10 Bizarre Animal ER 4.40 Bizarre Animal ER 5.10 Close

BBC4
7.00 Wild Scotland 7.15 10 Days to War 8.10 10 Days to War 9.00 The Fallen: Legacy of Iraq Update 9.40 The Fallen 12.50 The Fallen: Legacy of Iraq Update 1.30 This World: Iraq - A Doctor's Story 2.10 Frontline Iraq 2.40 Frontline Iraq 3.10 Frontline Iraq 3.40 The Fallen: Legacy of Iraq Update 4.20 Close

ITV2
1.25 I'm a Celebrity Get Me Out of Here! USA 3.25 Isle of Wight Festival 09 4.30 America's Got Talent 5.30 America's Got Talent 6.30 Isle of Wight Festival 09: Live 7.30 Film: The Lost World: Jurassic Park PG (1997) 10.05 Isle of Wight Festival 09: Live 11.35 America's Got Talent 12.25 America's Got Talent 1.20 America's Got Talent 2.10 Ricki Lake 2.55 Teleshopping 5.55 ITV2 Nightscreen

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THE PORTUGAL NEWS

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MOVIES

Sky Movies Drama

6.45 American Graffiti PG (1973)
8.45 Amazing Grace PG (2006)
10.45 Joan of Arc 15 (1999)
1.25 Atonement 15 (2007) With Keira Knightley. 3.30 The Siege 15 (1998) With Denzel Washington. 5.30 Chaplin 15 (1992) With Robert Downey Jr. 8.00 We Own the Night 15 (2007) With Joaquin Phoenix. 10.00 Atonement 15 (2007) With Keira Knightley. 12.15 Scarface 18 (1983) With Al Pacino. 3.05 Body of Evidence 18 (1992) 4.55 One Special Night PG (1999)

Sky Movies Comedy

6.30 Project: ALF PG (1996) 8.05 The Truth About Cats and Dogs 15 (1995) 9.50 Are We Done Yet? PG (2007) 11.25 Superhero Movie 12 (2008) With Drake Bell. 1.00 Wayne's World PG (1992) With Mike Myers. 2.45 Wild Hogs 12 (2007) With John Travolta. 4.30 The Nanny Diaries 12 (2007) With Scarlett Johansson. 6.20 Are We

Done Yet? PG (2007) With Ice Cube. 8.00 Superhero Movie 12 (2008) With Drake Bell. 9.30 Wayne's World PG (1992) With Mike Myers. 11.10 Wild Hogs 12 (2007) With John Travolta. 12.55 The Truth About Cats and Dogs 15 (1995) With Uma Thurman. 2.40 The Nanny Diaries 12 (2007) With Scarlett Johansson. 4.30 Project: ALF PG (1996)

Sky Movies Action/Thriller

7.10 35MM 7.40 Tremors II: Aftershocks 12 (1995) 9.35 Die Hard 18 (1988) 12.00 Die Hard 2 18 (1990) With Bruce Willis. 2.15 Next of Kin 15 (1989) With Patrick Swayze. 4.15 Zodiac 15 (2007) With Jake Gyllenhaal. 7.05 Conan the Destroyer 15 (1984) With Arnold Schwarzenegger. 9.00 Die Hard 18 (1988) With Bruce Willis. 11.15 Die Hard 2 18 (1990) With Bruce Willis. 1.25 8 Million Ways to Die 18 (1986) With Jeff Bridges. 3.25 Death Sentence 18 (2007) 5.25 Back in Business PG (2007)

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SPORT

Sky Sports 1

6.00 ICC World Twenty20 Cricket 8.00 Where Are They Now? 8.30 Live International Rugby Union. New Zealand v France (Kick-off 8.45am). 10.30 Live International Rugby Union. Australia v Italy (Kick-off 10.30am). 12.30 Live ICC World Twenty20 Cricket. The fifth match of the Super Eights stage. 5.00 Live ICC World Twenty20 Cricket. The sixth match of the Super Eights stage at the Oval. 9.30 International Rugby Union. 11.30 ICC World Twenty20 Cricket 1.30 Masters Football 4.30 International Rugby Union 5.30 World Sport

Sky Sports 2

6.00 Ocean Adventures 6.30 Premier League World 7.00 Super League 9.00 Cricket AM 10.30 Time of Our Lives 11.30 Super League 1.30 Live International Rugby Union. Western Province v British & Irish Lions (Kick-off 2.00pm). 4.30 International Rugby Union 5.30 Live Super League. Wakefield Trinity Wildcats v Hull FC (Kick-off 6.00pm). 8.00 Live International Rugby League 10.30 Where Are They Now? 11.00 NFL: Total Access 12.00 International Rugby Union 1.00 Super League 3.30 International Rugby League

Sky Sports 3

6.00 Sports Unlimited 7.00 Friday Fight Night 9.00 WWE: Smackdown 11.00 WWE: Bottom Line 12.00 Premier League Years 2.00 Friday Fight Night 4.00 WWE: Smackdown 6.00 International Rugby Union 8.00 Live Masters Football. The Midlands Masters at the Birmingham NIA.

11.00 Extreme Championship Wrestling 12.00 WWE: Late Night - Smackdown 2.00 WWE: Late Night - Bottom Line 3.00 ICC World Twenty20 Cricket 5.00 Sports Unlimited

British Eurosport

7.30 Live Motor Racing. The Le Mans 24 Hour warm-up session. 8.15 World Rally Championship 8.45 Live Motor Racing. The Le Mans 24 Hour legends race. 9.45 Cycling 11.00 International Football 12.00 Live World Series by Renault. Race one from the Hungaroring in Hungary. 1.30 Live Motor Racing. The Le Mans 24 Hour race (Start-time 2.00pm). 2.30 Live ATP Tennis. The AEGON Championships semi-finals. 4.10 Live Motor Racing. The Le Mans 24 Hour race. 4.15 Live ATP Tennis. The AEGON Championships semi-finals. 4.55 Live Motor Racing. The Le Mans 24 Hour 5.00 Cycling 6.00 Live Motor Racing. The Le Mans 24 Hour race. 7.30 Live Show Jumping. The Jumping de Cannes. 8.55 Live Motor Racing. The Le Mans 24 Hour race. 9.00 World Rally Championship 9.30 Live Motor Racing. The Le Mans 24 Hour race.

Sky Sports Xtra

6.00 Race World 7.00 Tlight Lines 8.00 Athletics 9.00 Premier League Years 11.00 Ocean Race 11.30 Where Are They Now? 12.00 Max Power 1.00 Athletics 2.00 Ocean Race 2.30 Where Are They Now? 3.00 NFL: Total Access 4.00 Premier League Years 6.00 Live Speedway. The Danish Grand Prix. 9.00 Premier League Years 11.00 Race World 12.00 Speedway 3.00 Premier League Years 5.00 Race World

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6.00 Breakfast. (T) 9.00 The Andrew Marr Show. (T) 10.00 The Big Questions. (T) 11.00 Country Tracks. (T) 12.00 The Politics Show. (T) 1.00 Cash in the Attic. (R) (T) 1.45 Animal 24/7. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 EastEnders. (T)

5.00 The Green Grass. Boycie discovers a medieval recipe for traditional liquor among some old scrolls and goes into full-scale production, building a distillery in his barn and stocking up on potatoes. (R) (T)

5.30 Songs of Praise. Pam Rhodes examines the role of dreams in the Nativity story. (T)

6.05 Last of the Summer Wine. Hobbo tries to find out more about his father. (T)

6.35 BBC News: Regional News: Weather. (T)

7.00 Countryfile. Matt Baker and Julia Bradbury visit the Lizard Peninsula in Cornwall, where they find out what it takes to become an RNLI lifeguard, walk a section of the South West Coast Path and meet biologists who are returning to the area 30 years after they carried out an in-depth wildlife study. John Craven investigates whether a cult of badgers is an effective solution to avoid the spread of TB in cattle, while Adam Henson builds up his herd of Gloucester Old Spot pigs to supply to his butcher and Katie Chapman embarks on a walk for bird-watchers. (T)

8.00 Hope Springs. Following the mysterious fire, the girls try desperately to make some money, but their plan to rob the local bookies goes wrong - and hitman Marius is closing in. (T)

9.00 **Casualty 1909**. New series. Drama showing the realities of life in an East End hospital a century ago, a time of revolution and social unrest. In the wake of an explosion, the staff struggles to control the angry victims, and when detectives arrive in the building, Eva Luckes fears the hospital is in danger of becoming an extension of Scotland Yard. Sister Ada Russell battles with star surgeon and cocaine addict Henry Dean, while ambitious young doctor Harry Ingrams faces catastrophe in the operating theatre. Cherie Lunghi, Sarah Smart, Paul Hilton and Tom Hughes star. (T)

10.00 BBC News: Weather. (T)

10.20 FILM: Veronica Guerin (2003). Fact-based drama about reporter Veronica Guerin, who paid the price for tangling with Ireland's drug lords. With Cate Blanchett and Gerard McSorley; (T) Weatherwise. (T)

12.00 Sign Zone: Everest ER. (R) (T) 12.30 Sign Zone: English Heritage. (R) (T) 1.30 Sign Zone: Holby City. (R) (T) 2.30 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 7.00 CBBC: ChuckleVision. (R) (T) 7.15 ChuckleVision. (R) (T) 7.30 Dinopapier; (R) (T) Diddy Dick & Dom. (R) (T) 8.00 The Legend of Dick & Dom. (R) (T) 8.30 MI High; (R) (T) The Owl. (R) (T) 9.00 Escape from Scorpion Island. (T) 10.00 Something for the Weekend. (T) 11.30 Celebrity MasterChef. (R) (T) 12.00 Animal Park. (T) 12.30 Live MotoGP. The Catalan Grand Prix. (T) 2.00 Tennis from Queen's. The AEGON Championships final. (T) 4.30 Ray Mears Goes Walkabout. (R) (T) 5.30 BBC Cardiff Singer of the World 2009. (T) 8.00 South Pacific. Efforts to preserve the marine life of the region, which is home to the world's richest coral reefs and an array of species, including whales and sharks. Last in the series. (T) 9.00 The Incredible Human Journey. Alice Roberts traces the journey of mankind's ancestors to the Americas and considers evidence that points to an Australasian origin of the earliest inhabitants. Last in the series. (T) 10.00 Empire of Cricket. Tracing the role of cricket in Australia, examining how the success of the national team in the global arena had a significant influence on the country's self-esteem. (T) 11.00 Cricket: ICC World Twenty20. (T) 12.00 FILM: Song of Songs (2006). Premiere. Drama, starring Nathalie Press. (T) 1.20 BBC News. (T) 2.30 The Super League Show. (T) 3.15 Close.

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

Pick of the Day

Casualty 1909 (BBC1, 9pm)

If you think that having to pay for your prescriptions is a national scandal and get wound up about having to explain your personal problems to a receptionist before being allowed to see a doctor, prepare to feel very lucky indeed. Because compared to what the Brits were enduring in terms of healthcare a century ago, you've got it made. Casualty 1909 checks in at The London - the pioneering hospital so vividly brought to life in such originally titled fare as Casualty 1906 and Casualty 1907. Now, the latest offering transports viewers back to a time of revolution and revolt. The world is changing fast. Anarchists are suspected of bombings and outrages. Suffragettes are violently protesting, the hospital itself is under attack from animal rights activists. Fear and suspicion grip the streets, making life harder than ever for the over-taxed nurses and doctors. Medicine too is in turmoil as new practices fight with outmoded tradition. Anaesthesia under chloroform is unreliable at best, deadly at worst, and threatens to bring scandal to London. Battle rages between the doctors as urgent action must be taken. Episode one is typically dramatic. Nurse Ada Russell (Sarah Smart) in Wellington Ward is swamped with the victims of a bombing campaign. But she has other problems: Percy Dean, star surgeon, returns unexpectedly. Demanding and unpredictable he demands attention. And Percy Dean is a cocaine addict.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 World Superbikes. (R) 7.30 Freesports on 4. (T) 8.00 Ocean Race. (R) (T) 9.00 T4: Big Brother. (R) (T) 10.00 T4: Holyoaks. (T) 12.30 T4: Big Brother's Little Brother. (T) 1.35 T4: Friends. Ross discovers who mugged him as a child. (R) (T) 2.10 T4: Friends. (R) (T) 2.45 T4: Smallville. Lex goes to the Fortress to fulfil his destiny. Last in the series. (T) 3.45 T4: The Simpsons. (R) (T) 4.15 T4: The Simpsons. (R) (T) 4.45 Deal or No Deal. (T) 5.35 Supermanny USA. (T) 6.30 Channel 4 News. (T) 7.00 Bremner, Bird and Fortune: The Last Show before the Recovery. Satirical send-ups and sketches, with Rory Bremner, John Bird and John Fortune. (T) 8.00 Wife Swap. A woman swaps her town life for a rural farm. (T) 9.00 Big Brother. The past 24 hours in the house. (T) 10.00 Alan Carr: Chatty Man. New series. Entertainment chat show hosted by the comedian with guests Bruce Forsyth, Heather Graham and Ross Kemp. Plus, Pet Shop Boys perform their latest single. (T) 10.50 8 Out of 10 Cats. (R) (T) 11.25 FILM: Chain Reaction (1996). Action thriller, starring Keanu Reeves. (T) 1.25 Big Brother Live. 4.00 Afterworld. Science fiction drama following the aftermath of a catastrophic global event. (R) (T) 4.25 Scrapheap Challenge. (R) (T) 5.25 Countdown. (R) (T)

FIVE

6.00 Sunrise. (T) 7.00 Milkshake!: Angels of Jarm. (T) 7.05 Milkshake! Music Box. (R) (T) 7.10 Franklin. (R) (T) 7.35 Hana's Helpline. (R) (T) 7.45 Olivia. (R) (T) 8.00 The Adventures of Bottle Top Bill and His Best Friend Corky. (T) 8.10 Animal Families. (R) (T) 8.25 Bert and Ernie's Great Adventures. (R) (T) 8.35 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.50 Mist: Sheepdog Tales. (T) 9.00 Roary the Racing Car. (R) (T) 9.15 Rupert Bear. (R) (T) 9.30 Gerald McBoing Boing. (R) (T) 10.00 Michaela's Wild Challenge. (R) (T) 10.30 Everybody Hates Chris. (R) (T) 11.00 Axe Men. (R) (T) 12.00 Megastructures. (R) (T) 1.00 Rough Guide To. (R) (T) 1.20 FILM: Brave New Girl (2004). Family drama, starring Lindsey Haun and Virginia Madsen. (T) 3.05 FILM: Toys (1992). Comedy, starring Robin Williams. (T) 5.20 FILM: Agent Cody Banks (2003). Family adventure, starring Frankie Muniz. (T) 7.05 Five News. (T) 7.15 FILM: The Medallion (2003). Two police officers are transformed into turbo-charged warriors by the power of an ancient medallion. Comedy thriller, with Jackie Chan and Lee Evans. (T) 9.00 FILM: Welcome to the Jungle (2003). A bounty hunter on a rescue mission is drawn into a quest to find a legendary idol. Comedy thriller, starring Dwayne Johnson and Christopher Walken. (T) 11.00 FILM: Held Up (1999). Crime comedy, starring Jamie Foxx. (T) 12.40 NBA Basketball. Orlando Magic vs Los Angeles Lakers (Tip-off 1.00am). 4.30 Winter X Games. From Aspen, Colorado. 5.00 International Rugby Union.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 Coronation Street. (R) (T) 11.40 ITV News and Weather; Weather. (T) 11.50 Creature Comforts. (R) (T) 12.00 Wish You Were Here: Now & Then. (T) 12.30 Wish You Were Here: Now & Then. (T) 1.00 Dream Homes. (T) 2.00 Dickinson's Real Deal. (R) 3.00 FILM: Colombo: Try and Catch Me (1977). Crime drama, starring Peter Falk. (T) 4.30 Agatha Christie's Poirot. (R) (T)

6.30 London Tonight: Weather. (T)

6.45 ITV News and Weather. (T)

7.00 Heartbeat. A flood of forged banknotes leads the police to believe a fugitive gangster has arrived in Aidsfield, but their efforts to flush him out put Dawson in peril. Meanwhile, Miller tries to remain professional while dealing with his relationship problems and Bernie thinks his favourite celebrity has moved in down the road. Gemma Craven guest stars, with Clare Wilson, John Duttine, Peter Benson and Joe McFadden. Last in the series. (T)

8.00 Stephen Tompkinson's African Balloon Adventure. The actor takes Rwandan orphans up in his hot-air balloon, before heading west to the Victoria Falls, exploring an English-style country house and observing wildlife in Botswana. (T)

9.00 Kingdom. Crop circles grab the attention of the local sci-fi community, and a farmer sees an opportunity to charge people to view them. Lyle falls for a paralegal. Sandi Toksvig guest stars. (T)

10.00 Ladies of Letters. The friends fall out after Irene introduces Vera to her new man and he takes a fancy to the latter. Comedy based on the books and radio series, with Anne Reid and Maureen Lipman. (T)

10.30 ITV News and Weather; Weather. (T)

10.45 The Unforgettable Diana Dors. Profile of the blonde bombshell and British screen icon, from her early singing career and vampish film persona to the charismatic character parts played in later years. With contributions by her son Jason Lake, Hollywood actor Rod Steiger and comedian Freddie Starr, who recalls the agony of his best friend - Diana's husband Alan Lake - following her death from cancer in 1984. Narrated by Daniel Auber. (R) (T)

11.10 Crossing Jordan. Devan asks Jordan to cover her late shift at the morgue, but it turns out to be a very busy night when a plane crashes. Meanwhile, the rest of the team treats the survivors. (T)

12.10 T2 2009. 1.00 The Cosby Mysteries. (R) (T) 1.50 Quincy ME: (R) (T) ITV News Headlines. 2.45 60 Minute Makeover. (R) (T) 3.35 Cornershop Crunch Time: Tonight - Part Two. (R) 4.00 ITV Nightscreen.

LOCAL

RTP1
0630 Children TV 0800 Bom Dia Portugal 1000 Mass 1100 Mudar de Vida 1130 T2 Para 3 "Remodelado" 1200 Desafio Verde 1230 Destinos.pt 1300 News 1415 50 Vístol 1515 Prison Break: series 1600 Tematário The Sarah Connor Chronicles, series 1745 As 7 Maravilhas de Origem Portuguesa no Mundo 2000 News 2100 As Escolhas de Marcelo Rebelo de Sousa 2130 Fêbre da Dança 2220 Os Contemporâneos 2315 Planeta of the Apes, film 0115 Rally 0215 Mundo 2010: Magazine 0245 The Killing Fields, film 0500 Teleales 0605 Nôs

RT2
0700 Euronews 0730 Africa@Global 0800 Músicas de África 0900 Caminhos 0930 70x7 1000 Nôs 1045 Geração Cientista 1100 Da Terra ao Mar 1130 Consigo 1200 Vida por Vida 1230 Olhar o Mundo 1300 The Boy who Can't Stop Running 1345 Friends of God 1445 Voz do Cidadão 1500 Sports 1900 Arte e Emoção 1930 Alô, a Gente 2000 The Simpsons 2045 Planet Wild 2100 The Hottest Places on Earth 2200 News 2230 Câmara Clara 2350 Britcom 0050 Onda Curta 0150 Sports 0530 Euronews

SIC
0630 Sic Kids 0845 Disney Kids 1045 Tween Box 1200 BBC Wildlife 1300 News 1400 Fama Show 1445 Disney Film 1630 Film 1815 Film 2000 News 2130 Grande Reportagem SIC 2200 Tá a Gravar 2345 Film 0200 Quando o Telefone Toca

TVI
0700 Children's TV 0930 O Bando dos Quatro 1030 Hannah Montana 1115 Mass 1300 News 1400 Film 1600 Film 1800 Film 2000 News 2100 Euroquad 2200 Flor do Mar 2300 Olhos nos Olhos 0000 Art Heist, film 0200 Sempre A Somar 0400 Law & Order: Special Victims Unit, series 0500 Teleales 0630 Todos Iguais

Best of the Rest

BBC3
7.00 Match of the Day Live 9.30 Horne & Corden 10.00 Family Guy 10.20 American Dad! 10.45 Blood, Sweat and Tears 11.45 Ideal 12.15 The Real Hustle on Holiday 12.45 Gary: Young, Psychic and Possessed 1.45 Blood, Sweat and Tears 2.40 Ideal 3.10 The Real Hustle on Holiday 3.40 Horne & Corden 4.10 Gary: Young, Psychic and Possessed 5.10 Close

BBC4
7.00 Archaeology - Digging the Past: Timeshift 8.00 Fossil Detectives 8.30 Wainwright Walks 9.00 Silbury: The Heart of the Hill 10.00 Uncovering Our Earliest Ancestor: The Link 11.00 Paul Weller: Into Tomorrow 12.30 BBC Four Sessions 1.30 Westway to the World: The Clash 2.30 The Clash Live - Revolution Rock 3.30 BBC Four Sessions 4.30 Close

ITV2
1.25 Film: The Mummy Returns 12 (2001) 3.45 Isle of Wight Festival 09 4.45 Isle of Wight Festival 09 6.15 Film: Johnny English PG (2003) 8.00 Isle of Wight Festival 09: Live 9.00 Supernatural 10.00 Isle of Wight Festival 09: Live 11.30 Katie & Peter: Stateside 12.35 Ghosthunting with

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

Coronation Street 2.25 Teleshopping 3.25 Ricki Lake 4.05 Teleshopping 5.35 ITV2 Nightscreen

Sky1
1.00 UK Border Force 2.00 The Real A&E 3.00 Bones 4.00 Bones 5.00 Futurama 5.30 Futurama 6.00 The Simpsons 6.30 The Simpsons 7.00 Don't Forget the Lyrics 8.00 Guinness World Records Smashed! 9.00 House 10.00 Lie to Me 11.00 Bones 12.00 Night Cops 1.00 Read Wars 1.50 Road Wars 2.45 The Villa 3.40 Drugs Wars: DEA 4.35 Weeds 5.10 Brainiac: Science Abuse

GOLD
1.25 Only Fools and Horses Top 40 Moments 3.25 The Green Grass 4.05 Only Fools and Horses 4.50 The Green Grass 5.25 Only Fools and Horses 6.30 The Green Grass 7.10 Only Fools and Horses Top 40 Moments 9.10 Film: Scary Movie 3 15 (2003) 10.40 Porridge 11.20 French and Saunders 12.00 The Fall and Rise of Reginald Perrin 12.40 The Fall and Rise of Reginald Perrin 1.20 Porridge 2.00 Close Up 2.10 The New Statesman 2.35 The New Statesman 3.00 Close

TCM
1.00 The Charge at Feather River PG (1953) 3.00 The Dark Crystal PG (1982) 4.50 Marriage on the Rocks PG (1965) 6.55 Fort Worth PG (1951) 8.30 Under the Influence 9.00 Batman 15 (1989) 11.25 Batman Returns 12 (1992) 1.50 Off Set 2.35 The Women PG (1939) 5.00 Grand Prix PG (1966)

The Disney Channel

Kids' programmes from 7am, except: 4.00 Film: Camp Rock: Rock-a-long PG (2008) Family comedy, starring Demi Lovato.

MOVIES

Sky Movies Drama

6.30 Crossroads: A Story of Forgiveness PG (2007) 8.15 35MM 8.45 What Dreams May Come 15 (1998) 10.45 Phenomenon PG (1996) 1.00 35MM 1.30 The Other Boleyn Girl 12 (2008) With Natalie Portman. 3.30 Dreamgirls 12 (2006) With Jamie Foxx. 5.45 Becoming Jane PG (2006) With Anne Hathaway. 8.00 The Other Boleyn Girl 12 (2008) With Natalie Portman. 10.00 Forces of Nature 12 (1999) With Sandra Bullock. 12.00 Titus 15 (1999) With Anthony Hopkins. 2.45 Blue Collar 18 (1978) With Richard Pryor. 4.45 Saving Sarah Cain PG (2007)

Sky Movies Comedy

6.05 Special Delivery 12 (2008) 7.50 The Santa Clause 3: The Escape Clause U (2006) 9.25 The Great Outdoors PG (1988) 11.00 27 Dresses 12 (2008) With Katherine Heigl. 1.00 Wayne's World 2 PG (1993) With Mike Myers. 2.45 Norbit 12 (2007) With Eddie

Murphy. 4.35 The Santa Clause 3: The Escape Clause U (2006) With Tim Allen. 6.20 The Great Outdoors PG (1988) With Dan Aykroyd. 8.00 27 Dresses 12 (2008) With Katherine Heigl. 10.00 Wayne's World 2 PG (1993) With Mike Myers. 11.45 Norbit 12 (2007) With Eddie Murphy. 1.30 Running with Scissors 15 (2006) With Joseph Cross. 3.35 Paperback Hero 15 (1998) 5.15 Special Delivery 12 (2008)

Sky Movies Action/Thriller

7.00 Die Hard with a Vengeance 15 (1995) 9.20 Die Hard 4.0 15 (2007) 11.40 The Kingdom 15 (2007) With Jamie Foxx. 1.45 Blood Diamond 15 (2006) With Leonardo DiCaprio. 4.20 In the Name of the King: A Dungeon Siege Tale 12 (2007) With Jason Statham. 6.40 Die Hard 4.0 15 (2007) With Bruce Willis. 9.00 The Kingdom 15 (2007) With Jamie Foxx. 10.55 Rambo 18 (2008) With Sylvester Stallone. 12.30 The Krays 18 (1990) With Gary Kemp. 2.35 The Corruptor 18 (1999) With Chow Yun-Fat. 4.30 NYC: Tornado Terror 12 (2008)

SPORT

Sky Sports 1

6.00 Where Are They Now? 6.30 International Rugby Union 7.30 ICC World Twenty20 Cricket. 9.30 Cricket Writers on TV 11.00 Where Are They Now? 11.30 US Open Golf 12.30 Live ICC World Twenty20 Cricket. The latest Group F fixture from Lord's. 5.00 Live ICC World Twenty20 Cricket. The eighth match of the Super Eights stage at Lord's. 9.30 Time of Our Lives 10.30 Where Are They Now? 11.00 ICC World Twenty20 Cricket 1.00 Time of Our Lives 2.00 Where Are They Now? 2.30 Overcoming the Majors: The Masters 3.00 ICC World Twenty20 Cricket 5.00 Overcoming the Majors: The Masters 5.30 Wild Spirits

Sky Sports 2

6.00 Premier League Years 8.00 International Rugby Union 10.00 Masters Football 1.00 Speedway 4.00 Wild Spirits 4.30 Masters Football 7.30 Live International Rugby Union. USA v England Saxons (Kick-off 8.00pm). 10.00 Live International Rugby Union. Georgia v Ireland A (Kick-off 10.30pm). 12.30 Overcoming the Masters 1.00 US Open Golf 2.00 Hockey 3.00 Close

Sky Sports 3

6.00 Speedway 9.00 WWE: Afterburn 10.00 WWE Vintage Collection 11.00 Wild Spirits 11.30 Racing News 12.00 Super League 2.30 International Rugby League 5.00 WWE: Experience 6.00 US Open Golf 7.00 Live NASCAR. The Lifelock 400. 10.30 WWE: Late Night - Afterburn 11.30 WWE Vintage Collection 12.30 WWE: Experience 1.30 Close

British Eurosport

5.00 Live Motor Racing. The Le Mans 24 Hour race. 10.00 Live MotoGP. The 125cc Catalan Grand Prix. 11.00 Live MotoGP. The 250cc Catalan Grand Prix. 12.15 Live Motor Racing. The conclusion of the Le Mans 24 Hour race. 2.15 World Series by Renault 3.05 Live Cycling. Stage eight of the Critérium du Dauphine Libere. 4.00 MotoGP 5.25 Live Motor Racing. A look back at the Le Mans 24 Hour race. 5.30 Motocross 6.30 Motocross 7.30 MotoGP 9.30 Motorsports Weekend 9.45 World Rally Championship 10.15 MotoGP 11.45 World Rally Championship 12.15 Motorsports Weekend 12.30 Close

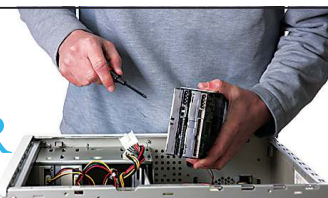
Sky Sports Xtra

6.00 Max Power 7.00 Pool 8.00 Ten Pin Bowling 9.00 Hockey 10.00 International Rugby Union 11.00 Premier League Years 1.00 Hockey 2.00 US Open Golf 3.00 Modern Pentathlon 4.00 Hockey 5.00 Premier League Years 7.00 Overcoming the Majors: The Masters 7.30 Ocean Race 8.00 Hockey 9.00 Premier League Years 11.00 Overcoming the Majors: The Masters 11.30 Hockey 12.30 Watersports World 1.30 Wild Spirits 2.00 Close

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6.00 Breakfast. (T) 9.15 Crimewatch Roadshow. (T) 10.00 Homes Under the Hammer. (R) (T) BBC News; Weather. (T) 11.00 House Swap. (T) 11.45 Cash in the Attic. (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Nuzzle & Scratch. (R) (T) 3.25 CBBC: Martha Speaks. (R) (T) 3.35 Raven: The Dragon's Eye. (R) (T) 4.05 Beat the Boss. (R) (T) 4.35 M1 High. (R) (T) 5.05 Newsround. (T)

5.15 Weakest Link. General knowledge quiz, with Anne Robinson, as members of the public try to outdo each other to win a cash prize. (R) (T) BBC News; Weather. (T)

6.00 Regional News Programmes; Weather. (T) 6.30 The One Show. Adrian Chiles and Christine Bleakley present reports on issues affecting people around the UK. (T)

7.30 Everest ER. UK scouts pay a painful price for reaching the top of Everest and three climbers set off for a record-breaking second summit in seven days. However, with the heat in the mountain's base camp increasing and a monsoon approaching, it is unclear whether enough time remains for a final push to the top; (T) BBC News; Regional News. (T)

8.00 EastEnders. Bradley decides he wants a divorce to prove his devotion to Syd, while Max bumps into a dishevelled blonde and is shocked to realise the woman is Stacey. Bianca is suspicious of Darren's intentions toward Whitney, Amira sets out to get into Zainab's good books and a surprise visitor turns up on Christian's birthday. (T)

8.30 Panorama. As celebrities and public figures turn to privacy laws to suppress stories showing them in a bad light, Panorama investigates the impact on more serious branches of journalism. (T)

9.00 New Tricks. A body is found, prompting two people to confess to murder. When tests show the corpse is more than 600 years old, the team must discover why the pair took responsibility for a crime they couldn't possibly have committed and if they are in fact the perpetrators of other killings. Alun Armstrong and James Bolam star. (R) (T)

10.00 BBC News. (T)

10.25 Regional News; Weather. (T)

10.35 Moving On. Sheila Hancock stars as Liz, a woman who immerses herself in family duties following the death of her husband. She meets and falls in love with a retired Nepalese soldier, and when he proposes she says yes, but the couple's relationship is met with prejudice from Liz's son and daughter. (R) (T)

11.20 FILM: Like Minds (2006). Premier. Crimethriller, starring Toni Collette. (T) Weatherview. (T)

1.05 Sign Zone: South Pacific. (T) 2.05 Sign Zone: Extreme Dreams: The Ultimate Challenge. (R) (T) 2.35 Sign Zone: The Unsellables. (R) (T) 3.05 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) Doodle Do Making Moments. (R) (T) 7.00 CBBC: Freeform. (R) (T) 7.25 Newsround. (T) 7.30 Hider in the House. (R) (T) 8.00 Mortified. (R) (T) 8.20 Sam and Mark's Guide to Dodging Disaster. (R) (T) 8.30 CBeebies: Big & Small. (R) (T) 8.50 Bob & Bird. (R) (T) 9.05 Poetry Pie. (R) (T) 9.10 LazyTown Extra. (R) (T) 9.25 Mister Maker. (R) (T) 9.45 Harry and Toto. (R) (T) 9.55 Telly Tales. (R) (T) 10.05 Jakers! (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Schools: Henry's Wives with Terry Deary. (T) 11.10 Primary Literacy. (T) 11.40 Let's Write Non-Fiction. (T) 12.00 Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Coast. (T) 1.15 FILM: Hell Drivers (1957). Crime drama, starring Stanley Baker. (T) (bw) 3.00 Murder, She Wrote. (R) (T) 3.45 Bargain Hunt Famous Finds. (R) (T) 4.30 Ready Steady Cook. (T) 5.15 Escape to the Country. (T) 6.00 Eggheads. (R) (T) 6.30 Flog It! (R) (T) 7.00 South Pacific. Efforts to preserve the ocean's marine life. Last in the series. (R) (T) 8.00 Springwatch Close Encounters with Simon King. New series. Fieldcraft expert Simon King gives practical advice on getting close to nature. (T) 9.00 The Supersizers Eat. New series. Power lunches and decadent breakfasts of the 1980s. (T) 10.00 Have I Got News for You. With Lee Mack, Shappi Khorsandi and Hugh Fearnley-Whittinghall. Last in the series. (R) (T) 10.30 Newsnight; (T) Weather. (T) 11.20 Cricket: ICC World Twenty20. (T) 12.20 BBC News. (T) 3.05 Close. 4.00 BBC Learning Zone. (T)

Pick of the Day

The Supersizers Eat (BBC2, 9pm)

The 1980s was the decade that style forged, an era of terrible fashions, awful hairstyles and food that Bear Grylls couldn't bring himself to eat. So, it's an ideal decade to recreate with the help of the Supersizers. Giles Coren and Sue Perkins embrace all that is the 1980s as they spend a week in a warehouse conversion on the Thames immersed in a soundtrack of Duran Duran, ABC, Visage and Spandau Ballet. Throughout the week, they sample the delights of nouvelle cuisine and are introduced to the joys of sundried tomatoes, ciabatta and prawns, courtesy of Michelin-starred chef Marcus Wareing. The Supersizers drown in a sea of champagne and ingest copious amounts of coffee from the newly launched Pret A Manger. In a quest to become a Tory MP, Giles lunches with Norman Tebbit and Jeffrey Archer on the latter's iconic shepherd's pie and feasts on Margaret Thatcher's dessert of choice, banoffee pie. Meanwhile, Sue samples Lady Diana Spencer and Prince Charles's sumptuous wedding breakfast and tries out Jane Fonda's infamous workout video. Needless to say, Eighties decadence soon takes its toll.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Big Brother's Little Brother. (R) (T) 8.00 Big Brother. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 The Family: Teen Stories. (R) (T) 10.00 LifeProof TV. (R) (T) 10.30 Vocation, Vocation; (R) (T) Burning Questions. (R) (T) 11.00 Tricky Business. (R) (T) 11.30 The 11.30 News at Noon. (T) 12.30 Post Modern Pastimes. (R) (T) 12.40 Life Begins Again. (R) (T) 1.40 FILM: The River's Edge (1987). Crime thriller, starring Ray Milland. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Coach Trip. (T) 5.30 Come Dine with Me. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: On the Ward. New series. Exploring the experience of patients in hospitals across the UK. (T) 8.00 Dispatches: Afghanistan's Dirty War. The effect of American airstrikes on US-Afghan relations. (T) 9.00 The World's Greatest Musical Prodigies. Alexander Prior visits Shanghai in search of China's most gifted young musicians. (T) 10.00 Big Brother. The past 24 hours in the house. (T) 11.10 Wife Swap. (R) (T) 12.10 4Music: Island Life. New series. A week-long festival celebrating 50 years of Island Records. (T) 12.40 4Music: 4Play: Pendulum. (T) 12.55 4Music: 4Play: One Eskimo. (R) (T) 1.10 Big Brother Live. 4.00 Channel 4 Education. (T)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

FIVE

6.00 Milkshake!: Miss Spider's Sunny Patch Friends. (R) (T) 6.10 The Adventures of Bontle Top Bill and His Best Friend Corky. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 Roary the Racing Car. (R) (T) 6.45 Roobarb and Custard Too. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 The WotWots. (T) 7.15 Little Princess. (R) (T) 7.30 The Mr Men Show. (R) (T) 7.45 Noddy in Toyland. (R) (T) 8.00 Fil and the Flowercots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Poochy. (R) (T) 8.50 Bert and Ernie's Great Adventures. (T) 8.55 Chiro. (R) (T) 9.00 The Beeps. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 House Doctor. (R) (T) 12.15 House Doctor. (R) (T) 12.45 Five News. (T) 12.55 Wordplay. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Wordplay Plus. (T) 3.10 FILM: Bermuda Triangle (1996). Adventure, starring Sam Behrens. (T) 5.00 Five News with Natasha Kaplinsky; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (R) (T) 7.00 Five News at 7. (T) 7.30 Chris Barrie's Massive Speed. The history of the attack helicopter. Last in the series; (R) (T) 7.30 Five News Update. (T) 8.00 Fifth Gear. Tiff Needell and Stirling Moss test the Ferrari 599 GTSE; (T) 8.00 Five News at 9. 9.00 Build a New Life in the Country. New series. A couple convert a listed farmhouse into a modern dwelling. (T) 10.00 FILM: Philadelphia (1993). A gay lawyer with Aids turns to a former rival to prove his employers have discriminated against him. Drama, with Tom Hanks and Denzel Washington. (T) 12.25 America's Toughest Prisons. (R) (T) 1.30 NASCAR. 2.30 US PGA Golf. 3.15 Seniors Golf. 4.00 FIM Motocross. 4.40 NBA 360. 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 60 Minute Makeover. (R) (T) 3.00 Dickinson's Real Deal. (R) (T) 3.59 London Weather. (T) 4.00 The Biggest Loser. (T)

5.00 Divided. Quiz show, hosted by Andrew Castle, in which three contestants work together to answer up to 15 general knowledge questions and split a cash prize three ways. The clock is ticking and for each second they spend deliberating, the prize fund drops, and they will only win the money if they can all agree on how to divide it at the end of the game. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Mark refuses to meet Faye, unaware her son has arrived in Emmerdale. Cain vows revenge on the millionaire after an assault, and Debbie looks forward to building a successful future. (T)

7.30 Coronation Street. David is shocked at the extent of his family's anger despite his efforts to win Gail and Audrey round. Sally hopes to persuade Kevin to invest in Underworld, and Rosie receives a surprise request in the post. Kirk joins a determined Fizz on a visit to the prison, while Ramsay seizes a chance to impress Norris. (T)

8.00 Country Road 999: Tonight. (T)

8.30 London Tonight. John tries to make amends to Rosie with an offer she cannot refuse. Kevin is suspicious of the time Molly and Jason are spending together, while David's feud with Gary escalates. (T)

9.00 Real Crime: Rhys Jones - Caught in the Crossfire. In their first TV interview since the sentencing of their son's killer, Melanie and Stephen Jones recount the day 11-year-old Rhys was shot dead in Croxteth, Liverpool, on August 22, 2007, and talk about the police investigation in the months that followed. The couple are seen paying tribute to their son as Stephen visits Rhys's old football haunts, and Detective Supt Dave Kelly discusses the difficulties involved in building a case against Sean Mercer and his gang. (T)

10.00 News at Ten and Weather. (T)

10.30 London News and Weather. (T)

10.35 Dating the Enemy. An animal rights activist tries to find common ground with a woman who believes in the right to hunt during four days of dates, hoping to discover whether the adage about opposites attracting has any validity. (T)

11.05 FILM: Two Weeks Notice (2002). Romantic comedy, starring Sandra Bullock. (T)

12.50 British Touring Car Championship Highlights; ITV News Headlines. 2.05 Loose Women. (R) 2.55 The Jeremy Kyle Show. (R) (T) 3.50 ITV Nightscreen.

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Chamas da Vida 1500 Football 1645 Portugal no Coração 1800 Portugal em Directo 1905 Preço Certo 2000 News 2100 Notícias Soltas 2115 Duelo Final 2215 Prós e Contras 0100 Saved, series 0150 Prova de Amor 0330 Teleshows 0605 Nôs

RTP2
0720 Zig Zag 1400 Sociedade Civil 1530 Percursos da Música Portuguesa 1600 Grandes Livros 1700 Zig Zag 1830 AFé dos Homens 1900 Mudar de Vida 1945 Zig Zag 2045 Everybody Hates Chris, series 2115 National Geographic 2145 A Hora da Sorte 2200 News 2240 ER, series 0030 Noites da Dois 0100 Universidades 0130 Euronews 0500 Sociedade Civil

SIC
0600 Sic Notícias 0900 Ligo, Ganho! 1000 Fátima 1300 News 1415 O Cravo e a Rosa 1530 Contacto 1715 Rebelde Way 1800 Três Irmãs 1900 Nôs por Cá 2000 News 2130 Salve-se Quem Pudor 2230 Cenas do Casamento 2300 Caminho das Índias 2345 Podia Acabar o Mundo 0045 Criminal Minds, series 0145 CSI New York, series 0230 Quando o Telefone Toca

TVI
0700 Diário da Manhã 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganhar 1815 Morangos com Açúcar 2000 News 2130 Deixa Que Te Leve 2230 Flor do Mar 2330 Olhos nos Olhos 0015 Dr. House, series 0115 Angela's Eyes, series 0230 Sempre a Somar 0430 Law & Order: Special Victims Unit, series 0530 Teleshows

Best of the Rest

BBC3
7.00 Match of the Day Live 9.30 Home & Corden 10.00 EastEnders 10.30 Ideal 11.05 Family Guy 11.30 Family Guy 11.50 Katie Price: The Jordan Years 12.50 Ideal 1.20 Home & Corden 1.50 My Weapon Is a Dog 2.45 Katie Price: The Jordan Years 3.45 The Real Hustle on Holiday 4.15 My Weapon Is a Dog 5.15 Close

BBC4
7.00 World News Today 7.00 Weather 7.30 Return to Airport 8.00 The Way We Travelled 9.00 The Secret Life of the Airport 10.00 Goodbye London Aerodrome 10.35 40 Minutes On 11.35 The Secret Life of the Airport 12.35 Storyville: Blindsight 2.15 40 Minutes On 3.15 The Secret Life of the Airport 4.15 Close

ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 I'm a Celebrity Get Me Out of Here! USA 8.00 The Chopping Block 9.00 Film: Terminator 2: Judgment Day 15 (1991) 11.45 Coronation Street 12.15 Coronation Street 12.40 The Chopping Block 1.40 I'm a Celebrity Get Me Out of Here! USA 2.30 Teleshopping 5.30 ITV2 Nightscreen

Sky1
1.00 Project Catwalk 2.00 Law & Order 3.00 Bones 4.00 Ops TV 4.30 Malcolm in the Middle 5.00 Malcolm in the Middle 5.30 Ops TV

6.00 Futurama 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Ross Kemp in Search of Pirates 10.00 Miami SWAT 11.00 Film: Beverly Hills Cop 15 (1984) 1.05 Road Wars 2.00 The Villa 2.55 Stargate SG-1 3.50 Stargate SG-1 4.45 Road Wars 5.10 Project Catwalk

GOLD
1.00 dinnerladies 1.40 The Thin Blue Line 2.20 Only Fools and Horses 3.00 Last of the Summer Wine 3.40 Keeping Up Appearances 4.20 The Brittas Empire 5.00 As Time Goes By 5.40 Last of the Summer Wine 6.20 Last of the Summer Wine 7.00 dinnerladies 7.40 The Thin Blue Line 8.20 Only Fools and Horses 9.00 The Royle Family 9.40 Harry Enfield and Chums 10.20 Early Doors 11.00 Steptoe and Son 11.40 The Royle Family 12.20 Harry Enfield and Chums 1.00 Early Doors 1.40 The New Adventures of Old Christine 2.10 The New Statesman 2.35 The New Statesman 3.00 Close

TCM
1.00 Firecreek PG (1967) 3.00 The Barkleys of Broadway U (1949) 5.05 You're a Big Boy Now 15 (1967) 7.00 The Roman Spring of Mrs Stone 15 (1961) 9.00 City Heat 15 (1984) 10.55 Wise Guys 15 (1986) 12.45 City Heat 15 (1984) 2.30 Inside Daisy Clover 15 (1965) 5.00 Firecreek PG (1967)

The Disney Channel
Kids' programmes from 7am, except:

Sky Movies Drama

6.30 The Valley of Light PG (2007) 8.30 The Legend of 1900 15 (1998) 10.45 Perfect Stranger 15 (2007) 12.45 The Neighbor 12 (2008) With Matthew Modine. 2.30 PS I Love You 12 (2007) With Hilary Swank. 4.45 Imaginary Playmate 12 (2006) With Dina Meyer. 6.15 The Astronaut Farmer PG (2006) With Billy Bob Thornton. 8.00 PS I Love You 12 (2007) With Hilary Swank. 10.15 Taxi Driver 18 (1976) With Robert De Niro. 12.15 Black Snake Moan 15 (2006) With Samuel L. Jackson. 2.15 Gridlock 'd 18 (1997) With Tupac Shakur. 4.00 Redemption of the Ghost PG (2001)

Sky Movies Comedy

6.55 Splitting Heirs 15 (1993) 8.25 The Out-of-Towners 12 (1999) 10.00 Carry On Columbus PG (1992) 11.35 Evan Almighty PG (2007) With Steve Carell. 1.15 Welcome Home Roscoe Jenkins 12 (2008) With Martin Lawrence. 3.10 The Out-of-Towners 12 (1999) With Steve Martin. 4.45 The Brothers Solomon 15 (2007) With Will Arnett. 6.25 Mr Woodcock 12 (2007) With Billy Bob Thornton. 8.00 Welcome Home Roscoe Jenkins 12 (2008) With Martin Lawrence. 10.00 Evan Almighty PG

(2007) With Steve Carell. 11.40 Mr Woodcock 12 (2007) With Billy Bob Thornton. 1.15 The Brothers Solomon 15 (2007) With Will Arnett. 2.55 Phil Griz 15 (2006) With Mo'Nique. 4.35 Carry On Columbus PG (1992)

Sky Movies Action/Thriller

6.05 VI Warshawski 15 (1991) 7.50 Funeral in Berlin PG (1966) 9.50 Arlington Road 15 (1999) 11.55 Ghost Rider 12 (2007) With Nicolas Cage. 1.55 Cleaner 15 (2007) With Samuel L. Jackson. 3.40 Pathfinder 15 (2007) With Karl Urban. 5.25 Jaws: The Revenge 12 (1987) With Michael Caine. 7.05 Ghost Rider 12 (2007) With Nicolas Cage. 9.00 Cleaner 15 (2007) With Samuel L. Jackson. 10.35 End of Days 18 (1999) With Arnold Schwarzenegger. 12.40 McVicar 18 (1980) With Roger Daltrey. 2.45 Night Hawks 18 (1981) With Sylvester Stallone. 4.40 Funeral in Berlin PG (1966)



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SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 ICC World Twenty20 Cricket 11.00 International Rugby Union 1.00 Live ICC World Twenty20 Cricket. A match from the Super Eight. 5.00 Live ICC World Twenty20 Cricket. The 10th match of the Super Eight stage at the Oval. 9.30 Overcoming the Majors: The Open Championship 10.00 Living with Lions 11.30 FIFA Futbol Mundial 12.00 ICC World Twenty20 Cricket 2.00 Soccer AM: The Best Bits 3.00 FIFA Futbol Mundial 3.30 Watersports World 4.30 MaxPower 5.30 FIFA Futbol Mundial

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Ocean Adventures 7.00 WWE: Bottom Line 8.00 International Rugby Union 10.00 NASCAR 1.30 Wild Spirits 2.00 Hockey 3.00 International Rugby Union 5.00 Live Under-21s European Championship Football. England v Finland (Kick-off: 5.15pm). 7.30 Live Under-21s European Championship Football. Spain v Germany (Kick-off: 7.45pm). 10.30 Time of Our Lives 11.30 Extra Time 12.00 Under-21s European Championship Football 2.00 Time of Our Lives 3.00 Poker 5.00 Close

Sky Sports 3

10.00 Hockey 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Premier League Years 2.00 Ocean Adventures 2.30 Aerobics Oz Style 3.00 Max Power 4.00 Overcoming the Majors: The Masters 4.30 Wild Spirits 5.00 WWE: Raw 7.00 Overcoming the Majors: The Open Championship 7.30 Extra Time 8.00

International Rugby Union 10.00 WWE: Late Night - Bottom Line 11.00 WWE: Late Night - Afterburn 12.00 Extreme Championship Wrestling 1.00 Live WWE: Late Night - Raw. Wrestling action from the States. 4.00 Close

British Eurosport

7.30 World Rally Championship 8.00 Motor Racing 8.45 Motorsports Weekend 9.00 Cycling 10.45 ATP Tennis 12.15 International Football 2.00 Cycling 3.45 Cycling 4.15 ATP Tennis 5.45 WTA Tennis 6.45 Strongest Man 7.45 Motorsports Weekend 8.00 ATP Tennis 9.30 World Superbikes 10.30 MotoGP 12.30 Close

Sky Sports Xtra

4.00 Ocean Adventures 4.30 NASCAR 8.00 Spirit of Yachting 8.30 Powerboating 9.00 Aero GP 9.30 Wild Spirits 10.00 Poker 12.00 MaxPower 1.00 Ocean Adventures 1.30 Aero GP 2.00 Powerboating 2.30 Extra Time 3.00 Overcoming the Majors: The Open Championship 3.30 Spirit of Yachting 4.00 Close

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

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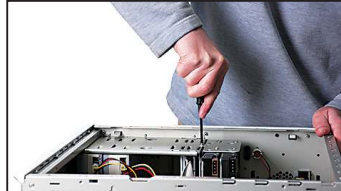
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BBC1

6.00 Breakfast. (T) 9.15 Crimewatch Roadshow. (T) 10.00 Homes Under the Hammer. (R) (T) BBC News; Weather. (T) 11.00 House Swap. (T) 11.45 Cash in the Attic. (R) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Royal Ascot. The opening day of the five-day festival. (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Martha Speaks. (R) (T) 3.35 Raven: The Dragon's Eye. (R) (T) 4.05 Richard Hammond's Blast Lab. (R) (T) 4.35 Blue Peter; (T) MySay. (R) (T) 5.05 Newsround. (T)

5.15 Weakest Link. Anne Robinson oversees the back-stabbing general knowledge quiz, as contestants try to weed out the weaklings and walk off with a cash prize. (T)

6.00 BBC News; Weather. (T)

6.30 Regional News Programmes; Weather. (T)

7.00 The One Show. Adrian Chiles and Christine Bleakley present the live topical show about the concerns of the British nation and uncover stories of people in extraordinary circumstances. The series includes regular features by historian Dan Snow and consumer expert Dominic Littlewood. (T)

7.30 EastEnders. Lucas discovers drugs in Chelsea's handbag, Jean tries desperately to keep Stacey's problems a secret, and Ronnie and Jack play strip poker with Minty and Manda. Christian misreads the signals over a drink with James, and Whitney tells Bianca she has a job working for Darren at Pat's Cars; (T) BBC News; Regional News. (T)

8.00 Holly City. Faye hopes ignoring Linden will make him go away, but eventually has to inform him that she loves Joseph and their kiss was a mistake. Bentakes his diagnosis badly and though Martha pledges her love, he tries to end their marriage. Jayne returns with a harsh assessment of Ric's actions since his promotion, but when he fails to change his attitude to the staff, she is forced to make a tough decision. (T)

9.00 Occupation. New series. James Nesbitt stars in this drama about the lives of three friends and soldiers during the British forces' five-year occupation of Iraq and its aftermath. Deployed to Basra following the invasion in 2003, the trio find themselves under fire in a flat - and the subsequent explosion radically shapes their lives for years to come. Stephen Graham and Warren Brown co-star. Written by Peter Bowker. Continues tomorrow. (T)

10.00 BBC News. (T)

10.25 Regional News; Weather. (T)

10.35 FILM: The World's Fastest Indian (2005). Fact-based drama, starring Anthony Hopkins. (T) Weatherview. (T)

12.40 Sign Zone: See Hear. (R) (T) 1.10 Sign Zone: Kate Adie Returns to Tiananmen Square. (R) (T) 2.10 Sign Zone: Keep It in the Family. (R) (T) 3.10 Sign Zone: Extreme Dreams: The Ultimate Challenge. (R) (T) 3.40 Sign Zone: The Unsellables. (R) (T) 4.10 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 7.00 Doodle Do. (R) (T) 7.25 CBBC: Newsround. (T) 7.30 Hider in the House. (R) (T) 8.00 Mortified. (R) (T) 8.20 Sam and Mark's Guide to Dodging Disaster. (R) (T) 8.30 CBeebies: Big & Small. (R) (T) 8.40 Bob the Builder: Project Build It. (R) (T) 8.50 3rd & Bird. (R) (T) 9.05 Poetry Pie. (R) (T) 9.15 LazyTown Extra. (R) (T) 9.25 Mister Maker. (R) (T) 9.45 Harry and Toto. (R) (T) 9.55 Telly Tales. (R) (T) 10.05 Jakers! (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Schools: Seasonal Snapshots. (T) 11.20 Let's Write a Story. (T) 11.40 Emotional Literacy. (T) 11.50 Emotional Literacy. (T) 12.00 Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Coast. (T) 1.05 FILM: The Magnificent Seven (1964). Circus drama, starring John Wayne. (T) 3.20 Royal Ascot. Further live coverage of the opening day. (T) 5.15 Escape to the Country. (T) 6.00 Eggheads. (R) (T) 6.30 Flog It! (R) (T) 7.00 Coast. Nicholas Crane continues around the Welsh coastline from Cardigan Bay to Llandudno, discovering how two bridges were built across the dangerous Menai Straits. (R) (T) 8.00 Great British Menu. Hour-long special. The winning chefs head for Hulton House in Buckinghamshire to prepare a homecoming dinner for the men and women returning from duty in Afghanistan. (T) 9.00 Mary, Queen of Charity Shops. Erin O'Connor and Peaches Geldof model charity shop finds. Last in the series. (T) 10.00 In the Firing Line. (T) 10.30 Newsnight; (T) Weather. (T) 11.20 Cricket: ICC World Twenty20. (T) 12.20 BBC News. (T) 4.00 BBC Learning Zone. (T)

Pick of the Day

Occupation (BBC1, 9pm)

How can actors tell whether a script is a winner or not? Well, it seems Stephen Graham received a big clue when his actress wife couldn't put it down either. He says: "When I was reading it she was grabbing it off me all the time. I'd go off and make a cup of tea and she'd be there with her head buried in it saying, 'You've got to get that part.'" Now the viewers get to find out just what was so gripping about it, as Peter Bowker's three-part drama examining the consequences of the Iraq war arrives on our screens. Graham stars alongside James Nesbitt and Warren Brown as soldiers Danny, Mike and Hibbs, who take part in the invasion of Iraq in 2003, and get caught up in an explosion which will have huge consequences for them and a local girl. All three men eventually return home to Britain, but struggle to re-adjust to civilian life, and end up heading back to Basra, which is now awash with US money. However, while their experiences may have been similar, the friends' reasons for returning to the city are very different.

C4

6.00 The Hoobs. (R) (T) 6.25 The Hoobs. (R) (T) 6.50 Everybody Loves Raymond. (R) (T) 7.20 Big Brother's Little Brother. (T) 7.50 Big Brother. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 The Family: Teen Stories. (R) (T) 10.00 LifeProof TV. (R) (T) 10.30 Vocation, Vocation, Vocation; (R) (T) I've Got This Friend. (R) (T) 11.00 Tricky Business; (R) (T) I've Got This Friend. (R) (T) 11.30 Britain's Deadliest Addictions; (R) (T) I've Got This Friend. (R) (T) 12.00 News at Noon. (T) 12.30 Supporting Acts. (R) (T) 12.50 FILM: Red River (1948). Western, starring John Wayne. (T) 1.00 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Coach Trip. (T) 5.30 Come Dine with Me. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: On the Ward. The series highlighting emotions experienced by hospital patients continues, focusing on the moment a premature baby comes off her ventilator for the first time. (T) 8.00 Property Snakes and Ladders. Homeowners who set out to transform their properties into flats. (T) 9.00 I'm Running Sainsbury's. A checkout manager suggests setting up complaints surgeries in each store. (T) 10.00 Big Brother. The past 24 hours in the house. (T) 11.10 The Big Bang Theory. (T) 11.40 4Music: Killers: Video Exclusive. 11.45 My Name Is Earl. (R) (T) 12.15 4Music: Island Life. (T) 12.45 European Poker Tour. 1.45 Big Brother Live. 4.00 Channel 4 Education. (T)

FIVE

6.00 Milkshake! Miss Spider's Sunny Patch Friends. (R) (T) 6.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 Roary the Racing Car. (R) (T) 6.45 Roobarb and Custard Too. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 The WotWots. (T) 7.15 Little Princess. (R) (T) 7.30 The Mr Men Show. (R) (T) 7.45 Noddy in Toyland. (R) (T) 8.00 Fifi and the Flowerlots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pocoyo. (R) (T) 8.50 Bert and Ernie's Great Adventures. (T) 8.55 Chiro. (R) (T) 9.00 The Beeps. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 House Doctor. (R) (T) 12.15 House Doctor. (R) (T) 12.45 Five News. (T) 12.55 Wordplay. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Wordplay Plus. (T) 3.10 FILM: Abandoned and Deceived (1995). Fact-based drama, starring Lori Loughlin. (T) 5.00 Five News with Natasha Kaplinsky. Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (R) (T) 7.00 Five News at 7. (T) 7.30 Highland Emergency. A man who was injured in a fall from a cliff on the Isle of Lewis; (R) (T) 7.30 Five News Update. (T) 8.00 Secrets of Egypt: Scorpion King. The legacy of an Egyptian ruler; (R) (T) 8.00 Five News at 9. 9.00 CSI: Crime Scene Investigation. Bikers pursue one of their own. (T) 10.00 CSI: Miami. A burgled Swat raid leads to the death of an innocent man; (R) (T) Five News Update. (T) 11.00 CSI: NY. (R) (T) 12.00 CSI: NY. (R) (T) 1.00 International Rugby Union. (R) 1.55 NBA Basketball. Los Angeles Lakers v Orlando Magic (Tip-off 2.00am).

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 60 Minute Makeover. (R) (T) 3.00 Dickinson's Real Deal. (R) (T) 3.58 London Weather. (T) 4.00 The Biggest Loser. (T)

5.00 Divided. Quiz show in which three contestants work together to answer up to 15 general knowledge questions and split a cash prize three ways. Hosted by Andrew Castle. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Faye coerces Mark into following her back to her flat, where he comes face to face with the son he never knew he had but insists his own identity must remain secret from Ryan. Cain demands a bribe from the millionaire in return for keeping quiet about his continued meetings with Faye. Jimmy is heartbroken when Nicola tells him she plans to put the baby up for adoption, while Nathan wins over Katie during a special picnic. (T)

8.00 Nature's Fury: Fire Storm. Film-maker Chris Terrill visits Southern California during the fire season and witnesses a 100ft tornado of flames and a searing blade threatening nearby homes. Last in the series. (T)

9.00 Ladette to Lady. The girls let down their emotional defences as they experience the "tough love" treatment, and even stern Mrs Harbord sheds a tear when stripper Nicole tells the story of her troubled past. Turning their attention to this week's task of serving afternoon tea to some of the bachelor aristocratic mothers, the ladettes receive makeovers and create delicate pastries before trying to win favour with their terrifying guests. (T)

10.00 News at Ten and Weather. (T)

10.30 London News and Weather. (T)

10.35 Russell Howard's Tough Gig. The comedian joins a group of extreme surfers in the coastal town of Lahinch, Co Clare, learning what makes the adrenaline junkies tick before entertaining them with a stand-up gig. (T)

11.05 The Truth About Boy Bands. Conclusion. Narrator Emma Bunton explores how Take That's split affected the music industry, opening the door for scores of bands eager to take their place at the top of the charts. (R) (T)

12.05 Isle of Wight Festival 2009 Highlights. (T) 12.55 Supernatural; (R) (T) ITV News Headlines. 1.40 Loose Women. (R) 2.30 The Jeremy Kyle Show. (R) (T) 3.20 ITV Nightscreen.

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

LOCAL Best of the Rest

RTP1

0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Chamas da Vida 1515 Sangue do Meu Sangue 1630 Portugal no Coração 1800 Portugal em Directo 1905 Preço Certo 2000 News 2100 30 Minutos 2130 Dueto Final 2230 Serviço de Saúde Nosso Head in the Clouds, film 0215 Prova de Amor 0400 Telesales 0605 Nôis

RTP2

0720 Zig Zag 1400 Sociedade Civil 1530 Percursos da Música Portuguesa 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 Biosfera 1945 Zig Zag 2045 Everybody Hates Chris, series 2115 National Geographic 2200 News 2230 The Mentalist, series 2330 Bairro Alto 0030 Noites da Dois 0100 Câmara Clara 0215 Biosfera 0245 EuroNews 0500 Sociedade Civil

SIC

0600 Sic Notícias 0900 Ligo, Ganho! 1000 Fátima 1300 News 1415 O Cravo e a Rosa 1530 Contacto 1715 Rebelde War 1800 Três Irmãs 1900 Nós por Cá 2000 News 2130 Salve-se Quem Puder 2230 Cenas do Casamento 2300 Caminho das Índias 2345 Podia Acabar o Mundo 0045 Criminal Minds, series 0145 CSI New York, series 0230 Quando o Telefone Toca

TVI

0700 Diário Da Manhã 1015 Voce na TV 1300 News 1440 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2130 Deixa Que Te Leve 2230 Flor do Mar 2300 Olhos nos Olhos 0015 Against the Ropes, film 0230 Sempre a Somar 0430 Law & Order: Special Victims Unit, series 0530 Telesales

BBC3

7.00 Film: What Women Want 12 (2000) 9.00 Personal Affairs 10.10 EastEnders 10.40 Bizarre ER 11.15 Family Guy 11.40 Family Guy 12.00 Personal Affairs 1.15 Katie Price: The Jordan Years 2.10 Bizarre ER 2.40 The Real Hustle on Holiday 3.10 Make My Body Younger 4.10 Katie Price: The Jordan Years 5.10 Close BBC4

7.00 World News Today 7.00 Weather 7.30 Yellowstone 8.30 The Pre-Raphaelites 9.00 Comedy Songs - The Pop Years 10.30 Flight of the Conchords 10.55 The Armstrong & Miller Show 11.25 Make 'em Laugh 12.20 Charlie Brooker's Screenwipe 12.55 Charlie Brooker's Screenwipe 1.25 Charlie Brooker's Screenwipe 2.45 Charlie Brooker's Screenwipe 3.15 Make 'em Laugh 4.10 Close

ITV2

1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 I'm a Celebrity Get Me Out of Here USA 8.00 Katie & Peter: Stateside 9.00 Film: The Lost World: Jurassic Park PG (1997) 11.35 Film: American Pie Presents Band Camp 15 (2005) 1.25 I'm a Celebrity Get Me Out of Here USA 2.20 The Office: An American Workplace 3.10 Teleshopping 5.00 ITV2

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MOVIES

Sky Movies Drama

6.00 Pride and Prejudice PG (2003) 8.00 Goya's Ghosts 15 (2006) 10.00 Silkwood 15 (1983) 12.15 Broken Bridges PG (2006) With Toby Keith. 2.15 The Bucket List 12 (2006) With Jack Nicholson. 4.00 The Illusionist PG (2006) With Edward Norton. 6.00 Amazing Grace PG (2006) With Ioan Gruffudd. 8.00 The Bucket List 12 (2006) With Jack Nicholson. 9.45 The Last of the Mohicans 15 (1992) With Daniel Day-Lewis. 11.45 The Astronaut's Wife 18 (1999) With Johnny Depp. 1.45 Vanishing Point 18 (1971) With Barry Newman. 3.45 Alex Zane's Guest List 4.15 Taken Away PG (1996)

Sky Movies Comedy

6.10 Magicians 15 (2007) 7.45 Swing 15 (1999) 9.30 Alex Zane's Guest List 10.00 Dirty Rotten Scoundrels PG (1988) 12.00 The Heartbreak Kid 15 (2007) With Ben Stiller. 2.00 Definitely Maybe 12 (2008) With Ryan Reynolds. 4.00 The Top 10 Show 4.15 Three and Out 15 (2008)

With Mackenzie Crook. 6.00 Dirty Rotten Scoundrels PG (1988) With Michael Caine. 8.00 Definitely Maybe 12 (2008) With Ryan Reynolds. 9.55 The Heartbreak Kid 15 (2007) With Ben Stiller. 11.55 Three and Out 15 (2008) With Mackenzie Crook. 1.40 Reno 911! Miami 15 (2007) With Carlos Alazraqui. 3.05 Swing 15 (1999) 4.50 Continental Divide PG (1981)

Sky Movies Action/Thriller

6.25 Letters from Iwo Jima 15 (2006) 8.50 The Elger Sanction 15 (1975) 11.00 Mr Nice Guy 15 (1997) With Jackie Chan. 12.30 Die Hard 18 (1988) With Bruce Willis. 2.45 Legionnaire 15 (1998) With Jean-Claude Van Damme. 4.30 Johnny Handsome 15 (1989) With Mickey Rourke. 6.10 Pirates of the Caribbean: At World's End 12 (2007) With Johnny Depp. 9.00 F/X: Murder by Illusion 15 (1986) With Bryan Brown. 10.55 War 18 (2007) With Jet Li. 12.45 The Brave One 18 (2007) With Jodie Foster. 2.50 The Hitcher 15 (2007) With Sean Bean. 4.20 Seventeen and Missing PG (2006)

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THE PORTUGAL News



I use it on our yacht



I take it in my car



I take it to the café



I take it to lunch

BBC1

6.00 Breakfast. (T) 9.15 Crimewatch Roadshow. (T) 10.00 Homes Under the Hammer. (T) BBC News; Weather. (T) 11.00 House Swap. (T) 11.45 Cash in the Attic. (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Royal Ascot. The second day of the festival. (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Martha Speaks. (R) (T) 3.35 Raven: The Dragon's Eye. (R) (T) 4.05 Paradise Cafe. (R) (T) 4.35 Blue Peter; (T) MySay. (R) (T) 5.05 Newsround. (T)

5.15 Weakest Link. Anne Robinson piles on the pressure in another round of the general knowledge contest, where teamwork goes head to head with greed. (R) (T)

6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The One Show. Magazine show, featuring celebrity interviews and topical reports from across the UK. Presented by Adrian Clives and Christine Bleakley. (T)

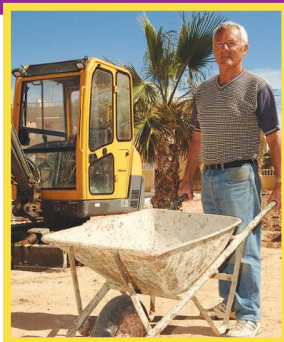
7.30 Animal 24.7. RSPCA officers try to persuade a Yorkshire farmer to alter his ways, a starving German Shepherd is found in Derbyshire and Tom Heap visits a pet shop with a surprising new addition; (T) BBC News; Regional News. (T)
8.00 Celebrity MasterChef. Rav Wilding, Deena Payne, Ivan Thomas, Colin Murray, Janet Ellis and Simon Shepherd compete for two places in this week's quarter-final, cooking at restaurants Gligamesh and Manicomio. John Torode and Gregg Wallace present. Continues tomorrow. (T)

9.00 Occupation. Mike finally manages to track down Aliyah, but receives a surprise that places his marriage under strain. Danny and Lester jump at the chance to make some money as military contractors by bidding to rebuild a hospital in Basra, while Hibbs is in a state of shock after violence strikes close to home. Drama, starring James Nesbitt, Stephen Graham and Warren Brown. Concludes tomorrow. (T)

10.00 BBC News. (T)
10.25 Regional News; Weather. (T)
10.35 The National Lottery Draws. More fortunes are made as the balls are set rolling to decide the all-important numbers. Presented by Scott Mills. (T)
10.45 FILM: Prime (2005). Premiere. Comedy, starring Uma Thurman. (T)

12.30 Sign Zone: Kick Out the Kids. (R) (T) 1.15 Sign Zone: Country Tracks. (R) (T) 2.10 Sign Zone: Celebrity MasterChef. (R) (T) 3.10 Sign Zone: Extreme Dreams: The Ultimate Challenge. (R) (T) 3.40 Sign Zone: The Unsellables. (R) (T) 4.10 BBC News. (T)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) Doodle Do Making Moments. (R) (T) 7.00 CBBC: Freefonix. (R) (T) 7.25 Newsround. (T) 7.30 Hider in the House. (R) (T) 8.00 Mortified. (R) (T) 8.20 Sam and Mark's Guide to Dodging Disaster. (T) 8.30 CBeebies: Big & Small. (R) (T) 8.40 Bob the Builder: Project Build It. (R) (T) 8.50 3rd & Bird. (R) (T) 9.05 Poetry Pie. (R) (T) 9.10 LazyTown Extra. (R) (T) 9.25 Mister Maker. (R) (T) 9.45 Harry and Toto. (R) (T) 9.55 Telly Tales. (R) (T) 10.05 Jakers! (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Escape the Elephants. (R) (T) 11.30 Daily Politics. (T) 1.00 See Hear. (T) 1.30 Working Lunch. (T) 2.00 FILM: Buchanan Rides Alone (1958). Western, starring Randolph Scott. (T) 3.20 Royal Ascot. Further live coverage of the second day of the festival. (T) 5.15 Escape to the Country. (T) 6.00 Eggheads. (R) (T) 6.30 Flog It! (R) (T) 7.00 The Royal Academy Summer Exhibition. Behind the scenes at the contemporary art exhibition. (T) 8.00 Springwatch Holidays with Martin Hughes-Games. Tips on the perfect wildlife holidays. (T) 9.00 The Price of Life. How decisions are made over which drug treatments the NHS can afford. (T) 10.00 Never Mind the Buzzcocks. Actor James Nesbitt, Joe Goddard from Hot Chip, The IT Crowd's Chris O'Dowd and singer Lightspeed Champion join in another round of the music quiz. (R) (T) 10.30 Newsnight; Weather. (T) 11.20 Youth Hostelling: The First 100 Years. (T) 12.20 BBC News. (T) 4.00 BBC Learning Zone. (T)

C4

6.00 The Hoobs. (R) (T) 6.25 The Hoobs. (R) (T) 6.50 Big Brother's Little Brother. (T) 7.50 Big Brother. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 The Family: Teen Stories. (R) (T) 10.00 LifeProof TV. (R) (T) 10.30 Vocation, Vocation, Vocation; (R) (T) Burning Questions. (R) (T) 11.00 Ticky Business; (R) (T) I've Got This Friend. (R) (T) 11.30 Britain's Deadliest Addictions; (R) (T) I've Got This Friend. (R) (T) 12.00 News at Noon. (T) 12.30 Post Modern Pastimes. (R) (T) 12.45 Life Begins Again. (R) (T) 1.00 FILM: Lady from Louisiana (1941). Drama, starring John Wayne. (T) (bw) 3.25 Count down. (T) 4.15 Deal or No Deal. (T) 5.00 Coach Trip. (T) 5.30 Come Dine with Me. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: On the Ward. A woman celebrates life from her death bed. (T) 8.00 River Cottage. After he finds slugs are eating his soft cabbages in the garden, Hugh Fearnley-Whittingstall plans to put them on his menu. He also takes part in a fishing-cooking-racing challenge. (T) 9.00 Embarrassing Bodies: Back to the Clinic. Former patients revisit the clinic. Last in the series. (T) 10.00 Big Brother. The past 24 hours in the house. (T) 11.10 True Stories: Tears, Tiaras and Transsexuals. (T) 1.00 Dirty Sexy Money. (R) (T) 2.00 Big Brother Live. 3.55 KOTV Classics 2008. (R) (T) 4.45 World Sport. (R) (T) 5.15 Countdown. (R) (T)

FIVE

6.00 Milkshake! Miss Spider's Sunny Patch Friends. (R) (T) 6.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 Roary the Racing Car. (R) (T) 6.45 Roobarb and Custard Too. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 The WotWots. (R) (T) 7.15 Little Princess. (R) (T) 7.30 The Mr Men Show. (R) (T) 7.45 Noddy in Toyland. (R) (T) 8.00 Fit and the FlowerTots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Peppa Pig. (R) (T) 8.50 Bert and Ernie's Great Adventures. (T) 8.55 Chiro. (R) (T) 9.00 The Beeps. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 House Doctor. (R) (T) 12.15 House Doctor. (R) (T) 12.45 Five News. (T) 12.55 Wordplay. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Wordplay Plus. (T) 3.10 FILM: Columbo: Caution - Murder Can Be Hazardous to Your Health (1991). Crime drama, starring Peter Falk. (T) 5.00 Five News with Natasha Kaplinsky; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (R) (T) 7.00 Five News at 7. (T) 7.30 Mean Machines. An insight into the largest and fastest trucks, including the Cobra 2, a rapid-response fire and rescue engine designed to tackle aircraft crashes; (R) (T) 7.30 Five News Update. (T) 8.00 Megastructures. New series. The demolition of four cooling towers at Sellafield nuclear power plant; (T) 8.00 Five News at 9. 9.00 FILM: A Fistful of Dollars (1964). A gunslinger rides into a town split by feuding families, and plays them off against each other. Western, with Clint Eastwood and Gian Maria Volonte. (T) 11.05 Soho Blues. (R) (T) 12.05 Poker. 1.40 Boxing USA. 3.35 NHRA Drag Racing. 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 60 Minute Makeover. (R) (T) 3.00 Dickinson's Real Deal. (R) (T) 3.59 London Weather. (T) 4.00 The Biggest Loser. (T)

5.00 Divided. Quiz show in which three contestants worked together to answer up to 15 general knowledge questions and split a cash prize three ways. Hosted by Andrew Castle. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Nicola and Jimmy's faltering relationship worsens, Mark argues to give Cain a one-off payment to keep quiet about Faye, and Katie is shocked to learn Lee has been sacked by Nathan. (T)

7.30 Coronation Street. Rosie shares details of her new-found wealth with the Rovers regulars, which leads to Fiz hearing some disturbing news. Molly picks up on the atmosphere between Kevin and Jason. (T)

8.00 The Bill. Part one of two. Having been offered a job by the Child Exploitation Unit, Sam is keen to leave Sun Hill on an high and the opportunity arises when an old informant discloses details of a drugs shipment involving a restaurateur and two brothers who run an airfreight company. However, the sting goes badly wrong when the informant is kneecapped and the restaurateur owner's daughter is kidnapped. Concludes tomorrow. (T)

9.00 Spain: Paradise Lost. Part one of two. Stories of British expats in living in Spain, contrasting the benefits of hot weather and attractive house prices with the pitfalls that arise from moving abroad. Mandy Vickerman is swapping life in Bradford for the sunnier climes of Marbella and looks forward to a big discount following the recent property crash. But Wally Tynan's experience of Spain is blighted by an unfinished housing development and frequent sewerage problems. (T)

10.00 News at Ten and Weather. (T)

10.30 London News and Weather. (T)

10.35 Superhuman: World's Tallest Children. The tallest youngsters across the globe discuss the pros and cons of standing out from the crowd, including a Bangkok girl hoping to set a Guinness World Record. (R) (T)

11.35 Nightwatch with Steve Scott: Action Stations. The work of fighter pilots and ground troops in Afghanistan, plus Air Sea Rescue and the Red Arrows; (T) ITV News Headlines.

12.30 Loose Women. (R) 1.20 The Jeremy Kyle Show. (R) (T) 2.10 60 Minute Makeover. (R) (T) 3.00 Country Road 999: Tonight. (R) 3.25 ITV Nightscreen.

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Camões da Vida 1515 Sangue do Meu Sangue 1630 Portugal no Coração 1800 Portugal em Directo 1905 Pregão Certo 2000 News 2100 Em Reportagem 2130 Contra Informação 2200 Dueto Final 2300 Conversas com Mário Soares 0000 Absolute Power, film 0200 Prova de Amor 0400 Telesales 0605 Nôis

RTP2
0720 Zig Zag 1400 Sociedade Civil 1530 Percursos da Música Portuguesa 1600 National Geographic 1830 Andebol 2000 Fê dos Homens 2030 Zig Zag 2045 Everybody Hates Chris, series 2105 National Geographic 2200 News 2240 24, series 2330 Clube de Jornalistas 0030 Notícias da Dois 0110 Unidades 0130 Bastidores 0215 Euronews 0515 Sociedade Civil

SIC
0600 Sic Notícias 0900 Ligo, Ganho! 1000 Fátima 1300 News 1415 O Cravo e a Rosa 1530 Contacto 1715 Rebelde Way 1800 Três Irmãs 1900 Nôis por Cá 2000 Nôis 2130 Salve-se Quem Pudor 2230 Cenas do Casamento 2300 Caminho das Índias 2345 Podia Acabar o Mundo 0045 Criminal Minds, series 0145 CSI New York, series 0230 Quando o Telefone Toca

TVI
0700 Diário da Manhã 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2130 Deixa Que Te Leve 2230 Flor do Mar 2330 Olhos no 0230 Sempre a Somar 0430 Law & Order: Special Victims Unit, series 0530 Telesales

Best of the Rest

BBC3
6.00 Match of the Day Live 9.30 Horne & Corden 10.00 Film: Sweet Home Alabama 12 (2002) 11.40 Family Guy 12.05 Family Guy 12.30 The Real Hustle on Holiday 1.00 Horne & Corden 1.30 Bizarre ER 2.00 Make My Body Younger 3.00 The Real Hustle on Holiday 3.30 Bizarre ER 4.00 Make My Body Younger 5.00 Close

BBC4
7.00 World News Today 7.00 Weather 7.30 Poetry Please: 30 Years of the People's Poetry 8.30 The Pre-Raphaelites 8.30 Days That Shook the World 9.00 Henry VIII: Patron or Plunderer? 10.00 Film: Days of Glory 12 (2006) 12.00 Henry VIII: Patron or Plunderer? 1.00 The Pre-Raphaelites 1.30 Batman 1.55 Batman 2.20 Mad Men 3.05 Mad Men 3.55 Poetry Please: 30 Years of the People's Poetry 4.25 Close

ITV2
1.00 Airline USA 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 I'm a Celebrity Get Me Out of Here! USA 8.00 Gossip Girl 9.00 Film: True Lies 15 (1994) 11.50 Coronation Street 12.20 Film: American Pie Presents: The Naked Mile 15 (2006) 2.20 I'm a Celebrity Get Me Out of Here! USA 3.05 Teleshopping 5.35 ITV2 Nightscreen

All the latest headlines at
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THE NEWS

Sky1
1.00 Project Catwalk 2.00 Law & Order 3.00 Bones 4.00 Oops TV 4.30 Malcolm in the Middle 5.00 Malcolm in the Middle 5.30 Oops TV 6.00 Futurama 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 Neof's Are You Smarter than a 10 Year Old? 9.00 Martina Cole's The Take 10.00 Martina Cole's The Take 11.00 Ross Kemp in Search of Pirates 12.00 Miami SWAT 1.00 Road Wars 1.50 The Villa 2.40 Stargate SG-1 3.30 Stargate SG-1 4.20 Airline 4.45 Road Wars 5.05 Project Catwalk

GOLD
1.00 dinnerladies 1.40 The Thin Blue Line 2.20 Only Fools and Horses 3.00 Last of the Summer Wine 3.40 Keeping Up Appearances 4.20 The Brittas Empire 5.00 As Time Goes By 5.40 Last of the Summer Wine 6.20 Last of the Summer Wine 7.00 dinnerladies 7.40 The Thin Blue Line 8.20 Only Fools and Horses 9.00 The Royle Family: The Queen of Sheba 10.20 Murder Most Horrid 11.00 Steptoe and Son 11.40 The Royle Family: The Queen of Sheba 1.00 Murder Most Horrid 1.40 The New Adventures of Old Christine 2.10 The New Statesman 2.35 The New Statesman 3.00 Close

TCM
1.00 Hooper PG (1978) 3.00 Band of Angels PG (1957) 5.20 The Helicopter Spies PG (1967) 7.10 What's Up, Doc? PG (1972) 9.00 Coma 15 (1978) 11.15 The Rise and Rise of Michael Rimmer 15 (1970) 1.15 Coma 15 (1978) 3.15 Hooper PG (1978) 5.00 Band of Angels PG (1957)

The Disney Channel
Kids' programmes from 7am, except:

Sky Movies Drama

6.00 Onegin 12 (1999) 8.00 35MM 8.30 The Children of Huang Shi 12 (2008) 10.45 Candles on Bay Street PG (2006) 12.30 Alex Zane's Guest List 1.00 Becoming Jane PG (2006) With Anne Hathaway 3.15 Chaplin 15 (1992) With Robert Downey Jr. 5.45 Phenomenon PG (1996) With John Travolta, 8.00 Elizabeth: The Golden Age 12 (2007) With Cate Blanchett, 10.00 The Beach 15 (1999) With Leonardo DiCaprio, 12.10 The Grifters 18 (1990) With John Cusack, 2.01 I Want You 18 (1998) With Rachel Weisz, 3.45 Yesterday's Children 12 (2000) 5.30 35MM

Sky Movies Comedy

6.40 The Naked Man 15 (1998) 8.30 Alex Zane's Guest List 9.00 Big Business PG (1988) 10.45 Running with Scissors 15 (2006) 12.55 The Top 10 Show 1.10 School for Scoundrels 12 (2006) With Billy Bob Thornton, 2.55 The Bachelor 12 (1999) With Chris O'Donnell, 4.40 Big Business PG (1988) With

Bette Midler, 6.25 Pee-wee's Big Adventure PG (1985) With Paul Reubens, 8.00 School for Scoundrels 12 (2006) With Billy Bob Thornton, 10.00 Jackass Number Two 18 (2006) With Johnny Knoxville, 11.40 The Bachelor 12 (1999) With Chris O'Donnell, 1.25 Running with Scissors 15 (2006) With Joseph Cross, 3.30 Jackass Number Two 18 (2006) 5.10 Expiration Date 12 (2006)

Sky Movies Action/Thriller

6.00 In the Line of Fire 15 (1993) 9.15 The Temp 15 (1993) 10.10 Three 15 (2005) 12.00 Die Hard with a Vengeance 15 (1995) With Bruce Willis, 2.15 Die Hard 4.0 15 (2007) With Bruce Willis, 4.30 In the Line of Fire 15 (1993) With Clint Eastwood, 6.45 Die Hard with a Vengeance 15 (1995) With Bruce Willis, 9.15 American Gangster 18 (2007) With Denzel Washington, 1.55 Dead Presidents 18 (1995) With Larenz Tate, 4.00 NYC: Tornado Terror 12 (2008) 5.35 35MM

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 ICC World Twenty20 Cricket 11.00 Under-21s European Championship Football 1.00 ICC World Twenty20 Cricket 3.00 Under-21s European Championship Football 5.00 FIFA Football Mundial 5.30 Boots 'n' All 6.30 US Open Golf 7.30 Live Speedway, Poole Pirates v Lakeside Hammers, 9.30 The Lions 1974-Invincibles 10.30 Total Rugby 11.00 Overcoming the Majors: The US Open 11.30 FIFA Futbol Mundial 12.00 Beach Soccer 12.30 Soccer AM: The Best Bits 1.30 Speedway 3.30 Time of Our Lives 4.30 The Lions 1974-Invincibles 5.30 Beach Soccer

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Ocean Adventures 7.00 WWE Vintage Collection 8.00 International Rugby Union 10.00 Pool 11.00 Poker 12.30 International Rugby Union 2.30 Football Asia 3.00 Poker 4.30 Mountain Bike World 5.00 NFL: Total Access 6.00 European Tour Weekly 6.30 Beach Soccer 7.00 Live Horse Racing, Races from Ripon and Fairhouse, 9.00 US Open Golf 10.00 European Tour Weekly 10.30 Time of Our Lives 11.30 NFL: Total Access 12.30 US Open Golf 1.30 European Tour Weekly 2.00 Overcoming the Majors: The US Open 2.30 European Seniors Tour Golf 3.30 Poker 5.00 Close

Sky Sports 3

6.00 Ladies European Tour Golf 7.00 European Challenge Tour Golf 8.00 European Seniors Tour Golf 9.00 Royal Ascot Preview 10.00 Ocean Adventures 10.30 Mountain

Bike World 11.00 Aerobics Oz Style 11.30 Racing News 12.00 European Seniors Tour Golf 1.00 Ladies European Tour Golf 2.00 Ocean Adventures 2.30 Mountain Bike World 3.00 Sports Unlimited 4.00 Pool 5.00 WWE: Bottom Line 6.00 WWE: Afterburn 7.00 Total Rugby 7.30 Overcoming the Majors: The US Open 8.00 Boots 'n' All 9.00 Total Rugby 9.30 Beach Soccer 10.00 Boots 'n' All 11.00 Ten Pin Bowling 12.00 Motor Racing 12.30 Total Rugby 1.00 Boots 'n' All 2.00 Volleyball 4.00 Close

British Eurosport

7.30 Triathlon 8.00 Paralympics World Cup 9.00 World Rally Championship 10.00 Eurogoals: One to One 11.15 Live International Football, Australia v Japan, 12.00 Live International Football, South Korea v Iran (Kick-off 12.00pm), 2.00 Strongest Man 3.00 Triathlon 4.00 Paralympics World Cup 5.00 Live Athletics, The IAAF Grand Prix Golden Spike meeting, 7.30 F1: The Factory 8.00 Wednesday Selection 8.05 Riders Club 8.10 US PGA Golf 9.10 Golf Club 9.15 Sailing 9.45 Yacht Club 10.00 Eurosport for the Planet 10.30 Athletics 11.30 International Football 12.30 Close

Sky Sports Xtra

3.00 Ocean Adventures 3.30 Aerobics Oz Style 4.00 European Challenge Tour Golf 5.00 European Seniors Tour Golf 6.00 FIFA Football Mundial 6.30 Motor Racing 7.00 Show Jumping 8.00 Volleyball 10.00 Transworld Sport 11.00 Ocean Adventures 11.30 Total Rugby 12.00 Watersports World 1.00 Ocean Adventures 1.30 Total Rugby 2.00 Show Jumping 3.00 Close



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6.00 Breakfast. (T) 9.15 Crimewatch Roadshow. (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 House Swap. (T) 11.45 Cash in the Attic; (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Royal Ascot. The 2.30 Norfolk Stakes and the 3.05 Ribblesdale Stakes. (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Martha Speaks. (R) (T) 3.35 Raven: The Dragon's Eye. (R) 4.05 Ed and Ocho's Excellent Inventions. (R) (T) 4.35 Horrible Histories. (R) (T) 5.05 Newsround. (T)

5.15 Weakest Link. Members of the public answer general knowledge questions against the clock, hoping to build a stack of cash and avoid being voted off the team. Anne Robinson presents. (T)

6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The One Show. Adrian Chiles and Christine Bleakley present the live show, with their team of roving reporters uncovering topical stories across the UK. (T)

7.30 EastEnders. Zainab is furious when Christian nominates her to sing at Bushra's event, while Jean warns Tanya to stay away from Stacey. Whitney opens the envelope that Debra gave her and is puzzled by its contents, while Peggy and Sal find an engagement ring in Jack's bedroom. Chelsea decides to leave the Square with Ellis; (T) BBC News; Regional News. (T)
8.00 Celebrity MasterChef. Two heats of the culinary competition. Ian Bleasdale, Shirley Robertson and Paul Martin cook for customers at Skylon, then Pete Waterman, Gemma Bissix and Stephen K Amos join the kitchen staff at Just St James. Judges John Torode and Gregg Wallace keep a keen eye on the contestants' efforts, before deciding which two will make it through to the quarter-final stage. Continues tomorrow. (T)

9.00 Occupation. Danny is making a fortune in untraceable cash from his and Lester's work in Basra, but when Hibbs is kidnapped he turns his attention to negotiating for his friend's release. Mike returns to Iraq to keep an eye on his son, who has joined the Army and been sent to the Gulf - but it is the snatching of a second associate that reunites the survivors of five years earlier, as their paths again bring them to a moment of desperation. Last in the series. (T) BBC News. (T)

10.05 Regional News; Weather. (T)
10.35 Question Time. (T)
11.35 This Week. (T) Holiday Weather. (T)
12.25 Sign Zone: Panorama. (R) (T) 12.55 Sign Zone: Celebrity MasterChef. (R) (T) 1.55 Sign Zone: Countryfile. (R) (T) 2.50 Sign Zone: Extreme Dreams: The Ultimate Challenge. (R) (T) 3.20 Sign Zone: The Unsellables. (R) (T) 3.50 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Doodle Do Making Moments. (R) (T) 7.00 CBBC: Freefonix. (R) (T) 7.25 Newsround. (T) 7.30 Hider in the House. (R) (T) 8.00 Mortified. (R) (T) 8.20 Sam and Mark's Guide to Dodging Disaster. (T) 8.30 CBeebies: Big & Small. (R) (T) 8.40 Bob the Builder: Project Build It. (R) (T) 8.50 3rd & Bird. (R) (T) 9.05 Poetry Pie. (R) (T) 9.10 LazyTown Extra. (R) (T) 9.25 Mister Maker. (R) (T) 9.45 Harry and Toto. (R) (T) 9.55 Telly Tales. (R) (T) 10.05 Jakers! (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Schools: Primary Geography. (T) 11.10 Telling Tales. (T) 11.15 Telling Tales. (T) 11.20 BBC Primary Geography. (T) 11.30 BBC Primary History. (T) 11.45 BBC Primary History. (T) 12.00 Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 FILM: Hot Enough for June (1964). Spy spoof, starring Dick Bogarde. (T) 2.35 Car Booty. (R) (T) 3.20 Royal Ascot. Including the 3.45 Gold Cup. (T) 5.15 Escape to the Country. (R) (T) 6.00 Eggheds. (R) (T) 6.30 Flog It! (R) (T) 7.00 Thames Shipwrecks: A Race Against Time. Part two of two. The stories behind shipwrecks in the river Thames. (R) (T) 8.00 Springwatch Home Movies with Gordon Buchanan. Celebrating home-grown wildlife film-making. (T) 9.00 Krod Mandoon and the Flaming Sword of Fire. A price is placed on the hero's head. (T) 9.30 That Mitchell and Webb Look. Sketch show featuring a clip from Posh Jaws and Rude Gandhi. (T) 10.00 Psychoville. New series. Comedy thriller, starring Reece Shearsmith and Steve Pemberton. (T) 10.30 Newsnight. (T) Weather. (T) 11.20 Cricket. ICC World Twenty20. (T) 12.20 BBC Four Sessions. (R) (T) 1.20 BBC News. (T) 3.50 Close. 4.00 BBC Learning Zone. (T)

Pick of the Day

Psychoville (BBC2, 10pm)

When it comes to creating weird characters and places, nobody has done it better than The League of Gentlemen. In 2005, one member of the team, Jeremy Dyson, broke away, joined forces with Simon Ashdown, and came up with the creepy but amusing Funland. Mark Gatiss has also come up with bizarre places and people, including in Christmas chiller Crooked House. Now it's the turn of Steve Pemberton and Reece Shearsmith to take centre stage. They've come up with Psychoville - and it's deliciously strange. It focuses on the lives of five offbeat characters: an embittered one-handed clown; a desperately misguided midwife; a lovestruck telekinetic dwarf; a blind avaricious collector; and a serial-killer-obsessed man-child. They appear to be unconnected - until they all begin receiving the same sinister message which states 'I know what you did!' 'It kind of was born out of that love of 24, Lost, Heroes and Dexter, those things that kind of hook you in with a diffanger every week,' says Shearsmith. 'We thought if it was intriguing enough and had our sensibility, it would be a great thing to marry those two worlds.' Pemberton and Shearsmith also star, alongside Dawn French, Eileen Atkins, Nicholas Le Prevost, Davidamber, Janet McTeer and Christopher Biggins.

C4

6.00 The Hoobs. (R) (T) 6.25 The Hoobs. (R) (T) 6.50 Everybody Loves Raymond. (R) (T) 7.20 Big Brother's Little Brother. (R) 7.50 Big Brother. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 The Family: Teen Stories. (R) (T) 10.00 LifeProof TV. (R) (T) 10.30 Vocation. Vocation. Vocation; (R) (T) I've Got This Friend. (R) (T) 11.00 Chill Out; (R) (T) I've Got This Friend. (R) (T) 11.30 Britain's Deadliest Additions. (R) (T) 12.00 News at Noon. (T) 12.30 Life Begins Again. (R) (T) 1.30 FILM: The Scarlet Pimpernel (1934). Period adventure, starring Leslie Howard. (T) (bw) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Coach Trip. (T) 5.30 Come Dine with Me. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: On the Ward. A man undergoes hi-tech treatment to regulate his heart. (T) 8.00 The Home Show. George Clarke returns to Brixton, catching up with a family of five to see whether their overhauled home has lived up to expectations. (T) 9.00 Undercover Boss. Part one of two. High-flying executives go undercover in their own businesses. (T) 10.00 Big Brother. The past 24 hours in the house. (T) 11.10 TNT Show. (T) 11.40 Derren Brown: Trick or Treat. (R) (T) 12.10 4Music: Island Life. (T) 12.40 4Music: Grassroot Gigs. (T) 12.55 4Music: Dubplate Drama. (R) (T) 1.25 No Angels. (R) (T) 2.25 Big Brother Live. 3.50 Dispatches: Afghanistan's Dirty War. (R) (T) 4.50 British GT Championship. (R) (T) 5.15 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Miss Spider's Sunny Patch Friends. (R) (T) 6.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 Roary the Racing Car. (R) (T) 6.45 Roobarb and Custard Too. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 The WotWots. (R) (T) 7.15 Little Princess. (R) (T) 7.30 The Mr Men Show. (R) (T) 7.45 Noddy in Toyland. (R) (T) 8.00 Fifi and the Flowertots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pocoyo. (R) (T) 8.50 Bert and Ernie's Great Adventures. (R) (T) 8.55 Chiro. (R) (T) 9.00 The Beeps. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 House Doctor. (R) (T) 12.15 House Doctor. (R) (T) 12.45 Five News. (T) 12.55 Wordplay. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Wordplay Plus. (T) 3.10 FILM: Family Sins (2004). Fact-based drama, starring Kirstie Alley. (T) 5.00 Five News with Natasha Kaplinsky; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (R) (T) 7.00 Five News at 7. (T) 7.30 Highland Emergency. A severely ill woman is transported to Glasgow. Last in the series; (R) (T) 7.30 Five News Update. (T) 8.00 Paul Merton in India. The world's largest tricycle and snake catchers in Hyderabad; (R) (T) 8.00 Five News at 9. 9.00 The Mentalist. Patrick uncovers an organised art forgery ring while investigating the death of a man who appears to have been killed for interrupting the theft of a valuable painting. (T) 10.00 Law & Order: Special Victims Unit. A film student allegedly commits suicide. (R) (T) 11.00 Law & Order: Criminal Intent. (R) (T) 12.00 Quiz Call. 1.45 NBA Basketball. Los Angeles Lakers v Orlando Magic (Tip-off 2.00am).

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 60 Minute Makeover. (R) (T) 3.00 Dickinson's Real Deal. (R) (T) 3.59 London Weather. (T) 4.00 The Biggest Loser. (T)

5.00 Divided. Quiz show in which three contestants work together to answer up to 15 general knowledge questions and split a cash prize three ways. Hosted by Andrew Castle. (T)

6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Nicola and Jimmy are reunited at the baby scan, Katie tires of being caught in the middle of Nathan's squabble with Lee, and Natasha is confused by Mark's attitude toward Cain. (T)

7.30 Countrywise. The team explores the countryside in and around London. Paul Heiney meets the man who looks after Richmond Park's 600 deer and Rachel de Thame visits a rooftop garden in Kensington. (T)

8.00 The Bill. Conclusion. Inquiries reveal that the brothers running the airfreight company kidnapped restaurant owner Maloud Senac's daughter because he had not paid them for the drugs. The race is on to find the missing girl before it's too late and Sam ends her stint at Sun Hill with a successful result when all the suspects are brought in for questioning. Lisa Maxwell stars. (T)

9.00 May Contain Nuts. Conclusion. Alice copies exam answers from a gifted applicant from a council estate to win Molly a scholarship to the prestigious Chelsea College for Girls, but feels guilty after realising she has deprived the more deserving pupil of a place. However, she has more than her conscience to contend with when a competitive mother grows determined to uncover the truth. Comedy drama, starring Shirley Henderson and Bebe Cave. (T)
10.00 News at Ten and Weather. (T)
10.30 London News and Weather. (T)
10.35 Cops with Cameras. Officers from Greater Manchester's Tactical Aid Unit unearth a machine-gun, axes, knives and an assortment of other dangerous weapons when they raid a caravan park. South London's undercover robbery squad is on the trail of two muggers and South Wales and Oldham police go after drug dealers. Back in Manchester the TAU tries to stop French football hooligans from running riot in the city centre. (R) (T)

11.35 The Late Debate.
12.05 Motorsport UK. (T) 12.50 Nightwatch with Steve Scott. Mystery. (R) (T) ITV News Headlines. 1.45 Nightwatch with Steve Scott. Crime. (R) (T) 2.40 Loose Women. (R) 3.25 ITV Newscreen.

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Chamas da Vida 1500 Football 1645 Portugal no Coração 1800 Portugal em Directo 1905 Preço Certo 2000 News 2100 Grande Entrevista 2145 A Minha Família 2230 Dado Final 2330 Corredor do Poder 0030 Journeyman, series 0115 Quarto Crescente 0215 Prova de Amor 0400 Telesales 0605 Nôs

RTP2
0720 Zig Zag 1400 Sociedade Civil 1530 Da Terra ao Mar 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 Iniciativa 1945 Zig Zag 2045 Everybody Hates Chris, series 2115 National Geographic 2200 News 2240 Fringe, series 2330 Maybe God Is Ill, documentary 0030 Noites da Dois 0100 Unidades 0130 Iniciativa 0215 Euroneus 0300 Sociedade Civil

SIC
0600 Sic Notícias 0900 Ligo, Ganho! 1000 Fátima 1300 News 1415 O Cravo e a Rosa 1530 Contacto 1715 Rebelde Way 1800 Três Irmãs 1900 Nôs por Cá 2000 News 2115 Aqui e Agora 2200 Salve-se Quem Puder 2300 Caminho das Índias 2345 Podia Acabar o Mundo 0045 Criminal Minds, series 0145 Cartaz Cultural 0230 Quando o Telefone Toca

TVI
0700 Diário da Manhã 1015 Voz na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganhar 1815 Morangos com Açúcar 2000 News 2130 Deixa Que Te Leve 2230 Flor do Mar 2330 Olhos nos Olhos 0015 Dirty Sexy Money, series 0115 The Office, series 0145 Cartaz das Artes 0215 Sempre a Somar 0400 The Office, series 0430 Law & Order: Special Victims Unit, series 0530 Telesales

Best of the Rest

BBC3
7.00 Match of the Day Live 9.30 BizarrE 10.00 EastEnders 10.30 The Real Hustle on Holiday 11.05 Family Guy 11.30 Family Guy 11.50 Ideal 12.20 Bizarre 10.15 Personal Affairs 2.00 When Diets Go Wrong 3.00 The Real Hustle on Holiday 3.30 Ideal 4.00 Personal Affairs 5.10 Close

BBC4
7.00 World News Today 7.00 Weather 7.30 Return to Airport 8.00 Hidden Histories 8.30 Days That Shook the World 9.00 Crude Britannia: The Story of North Sea Oil 10.00 The Secret Life of the Airport 11.00 The High Life 11.30 Crude Britannia: The Story of North Sea Oil 12.30 The Fallen: Legacy of Iraq Update 1.10 40 Minutes On 2.10 Archaeology: Digging the Past: Timeshift 3.10 Crude Britannia: The Story of North Sea Oil 4.10 Close

ITV2
1.00 Airline USA 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 I'm a Celebrity Get Me Out of Here! USA 8.00 America's Got Talent 9.00 Katie & Peter: Stateside 10.00 Film: American Pie Presents: The Naked Mile 15 (2006) 12.00 Supernatural 1.00 America's Got Talent 2.00 I'm a Celebrity Get Me Out of Here! USA 2.50 Teleshopping 5.50 ITV2 Nightscreen

Sky1
1.00 Project Catwalk 2.00 Law & Order: 3.00 Bones 4.00 Cops TV 4.30 Malcolm in the Middle 5.00 Malcolm in the Middle 5.30 Cops TV 6.00 Futurama 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 The Real A&E 9.00 Bones 10.00 Lie to Me 11.00 Bones 12.00

Law & Order 1.00 Road Wars 1.50 Stargate SG-1 2.40 Stargate SG-1 3.30 The Villa 4.20 Airline 4.45 Road Wars 5.10 Project Catwalk

GOLD
1.00 dinnerladies 1.40 The Thin Blue Line 2.20 Only Fools and Horses 3.00 Last of the Summer Wine 3.40 Keeping Up Appearances 4.20 The Brittas Empire 5.00 As Time Goes By 5.40 Last of the Summer Wine 6.20 Last of the Summer Wine 7.00 dinnerladies 7.40 The Thin Blue Line 8.20 Only Fools and Horses 9.00 Steptoe and Son 9.40 Harry Enfield and Chums 10.20 Jam & Jerusalem 11.00 Steptoe and Son 11.40 Steptoe and Son 12.20 Harry Enfield and Chums 1.00 Jam & Jerusalem 1.40 The New Adventures of Old Christine 2.10 The New Statesman 2.35 The New Statesman 3.00 Close

TCM
1.00 Key Largo PG (1948) 3.00 Promises in the Dark 12 (1979) 5.25 Code Name: Emerald PG (1985) 7.20 Cats & Dogs PG (2001) 9.00 Presumed Innocent 18 (1990) 11.25 Shaft 15 (1971) 1.25 The Mackintosh Man 15 (1973) 3.10 Shaft 15 (1971) 5.00 Key Largo PG (1948)

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MOVIES

Sky Movies Drama

6.00 The Capture of the Green River Killer 7.35 The Legend of 1900 15 (1998) 9.45 Mamma Mia! Stage To Screen 10.15 Rumble Fish 18 (1983) 12.00 The Trench 15 (1999) With Daniel Craig. 1.45 Wah-Wah 15 (2006) With Nicholas Hoult. 3.30 Forces of Nature 12 (1999) With Sandra Bullock. 5.30 35MM 6.00 Perfect Stranger 15 (2007) With Halle Berry. 8.00 Things We Lost in the Fire 15 (2007) With Halle Berry. 10.00 Dead Man Walking 15 (1995) With Susan Sarandon. 12.15 Sleepers 18 (1996) With Brad Pitt. 2.45 Mortal Thoughts 18 (1991) With Demi Moore. 4.30 The Patron Saint of Liars PG (1997)

Sky Movies Comedy

6.45 Whatever Happened to Harold Smith? 15 (1999) 8.25 Special Delivery 12 (2008) 10.05 Sparkle 15 (2006) 11.50 The Hot Chick and the Notte 12 (2007) With Paris Hilton. 1.25 Semi-Pro 15 (2008) With Ferrell. 3.00 Tin Men 15 (1987) With Richard Dreyfuss. 4.55 D u e c e Bigalow 15 (1999) With R o b Schneider. 6.25 The Hot Chick and the Notte 12 (2008) With Paris Hilton. 8.00 Semi-Pro 15 (2008) With Ferrell. 9.35

Midnight Run 18 (1988) With Robert De Niro. 11.45 Deuce Bigalow: Male Gigolo 15 (1999) With Rob Schneider. 1.20 Sparkle 15 (2006) With Shaun Evans. 3.10 Midnight Run 18 (1988) 5.20 Special Delivery 12 (2008)

Sky Movies Action/Thriller

6.05 Arlington Road 15 (1999) 8.10 Flags of Our Fathers 15 (2006) 10.25 V.I. Warshawski 15 (1991) 12.10 Dante's Peak 12 (1997) With Pierce Brosnan. 2.10 Flyboys 12 (2006) With James Franco. 4.30 35MM 5.00 Next 12 (2007) With Nicolas Cage. 7.00 Dante's Peak 12 (1997) With Pierce Brosnan. 9.00 300 15 (2006) With Gerard Butler. 11.00 Next 12 (2007) With Nicolas Cage. 12.40 End of Days 18 (1999) With Arnold Schwarzenegger. 2.45 Mr Brooks 18 (2007) With Kevin Costner. 4.45 The Return of the Musketeers PG (1989)



SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Speedway 11.00 European Tour Weekly 11.30 US Open Golf 12.30 Live Women's ICC World Twenty20 Cricket. The first semi-final. 4.30 Live ICC World Twenty20 Cricket. The first semi-final at Trent Bridge. 9.30 The Lions 1974 - Invincibles 10.30 Premier League World 11.00 ICC World Twenty20 Cricket 1.00 Time of Our Lives 2.00 Premier League World 2.30 The Lions 1974 - Invincibles 3.30 ICC World Twenty20 Cricket 5.30 Premier League World 2

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Ocean Adventures 7.00 WWE: Experience 8.00 US Open Golf 9.00 Royal Ascot Preview 10.00 Boots 'n' All 11.00 Ocean Adventures 11.30 Beach Soccer 12.00 Total Rugby 12.30 Boots 'n' All 1.30 US Open Golf 2.30 Beach Soccer 3.00 Live US Open Golf. The opening day's play from Bethpage State Park. 12.00 Under-21s European Championship Football 2.00 Rugby League 4.00 Close

Sky Sports 3

7.00 Show Jumping 8.00 Volleyball 10.00 FIFA Futbol Mundial 10.30 Motor Racing 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Watersports World 1.00 Ten Pin Bowling 2.00 Speedway 4.00 NFL: Total Access 5.00 Live Under-21s European Championship Football. Germany v Finland (Kick-off 5.15pm). 7.30 Live Under-21s European Championship Football. Spain v England (Kick-off 7.45pm).

10.30 Time of Our Lives 11.30 WWE: Late Night - Raw 2.30 Extreme Championship Wrestling 3.30 Close

British Eurosport

7.30 Inside WTCC 8.00 FT1: The Factory 8.30 International Football: The International Football 10.30 WTA Tennis 11.30 Live WTA Tennis. The AEGON International quarter-finals. 6.30 WTA Tennis 8.30 MotoGP 10.00 Rallying 10.30 World Rally Championship 11.30 World Superbikes 12.30 Close

Sky Sports Xtra

1.30 Volleyball 3.30 Motor Racing 4.00 Ocean Adventures 4.30 Aerobics Oz Style 5.00 WWE Vintage Collection 6.00 IAAF Athletics Weekly 6.30 Race World 7.30 Live Rugby League. A Northern Rail Cup semi-final tie. 9.30 Ocean Adventures 10.00 Live Poker. Coverage of the online Sky Poker Five-00 tournament. 12.00 NFL: Total Access 1.00 Ocean Adventures 1.30 Race World 2.30 IAAF Athletics Weekly 3.00 Close

Sky Sports 3

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

Everything in English



707
500
600

BBC1

6.00 Breakfast. (T) 9.15 Crimewatch Roadshow. (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 House Swap. (T) 11.45 Cash in the Attic; (R) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Royal Ascot. The fourth day of the festival. (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Martha Speaks. (R) (T) 3.35 Raven: The Dragon's Eye. (R) (T) 4.05 Animals at Work. (R) (T) 4.35 Trapped. (R) (T) 5.05 Newsround. (T) 5.15 Weakest Link. General knowledge quiz. (T) 6.00 BBC News; Weather. (T) 6.30 Regional News Programmes; Weather. (T) 7.00 The One Show. Live topical show in which reporters uncover the UK's most fascinating stories. Adrian Chiles and Christine Bleakley present. (T) 7.30 Air Medics. The doctors of the Great North Air Ambulance are tested to the limit. Matt Cheeseman has to anaesthetise an unconscious car driver - a complex procedure he has not performed outside of hospital before, and one he has to repeat later that day when treating a farmer who has been trampled by a herd of bulls. In Cumbria, Suzie Pritchard's career as a flying doctor is threatened when she is seriously harmed while treating an injured motorcyclist. Narrated by Paul McGann; (T) BBC News; Regional News. (T) 8.00 EastEnders. Peggy puts pressure on Jack to make Ronnie happy, while Bradley asks Stacey for a divorce. Whitney sets out to find Debra's house and Christian has a surprise encounter with Syd. (T) 8.30 Celebrity MasterChef. The week's four winning chefs compete in the second quarter-final for the first two places in the semis. John Torode and Gregg Wallace present and judge. (T) 9.00 Hotel Babylon. New series. As the hotel is threatened with closure, Tony desperately tries to secure a deal with a wealthy Asian businessman, but negotiations prove unsuccessful. However, a millionaire is among a crowd of people seeking refuge in the establishment following a terror alert in central London, and he is so impressed with the staff's professionalism he decides to buy Babylon, securing its future. Meanwhile, Anna is nearly eight months' pregnant but in denial about the baby's father. Former EastEnders Nigel Harman joins the cast. (T) 10.00 BBC News. (T) 10.25 Regional News; Weather. (T) 10.35 Friday Night with Jonathan Ross. The host is joined by Lost actor Matthew Fox, comedy duo David Mitchell and Robert Webb, and re-formed rock group Blur. (T) 11.35 The National Lottery EuroMillions Draw. QJ Borg presents the draw. (T) 11.40 FILM: The Ring (2002). Horror, starring Naomi Watts; (T) Weatherview. (T) 1.30 Sign Zone: The Trouble with Working Women. (R) (T) 2.30 Sign Zone: Celebrity MasterChef. (R) (T) 3.00 Sign Zone: Extreme Dreams: The Ultimate Challenge. (R) (T) 3.30 Sign Zone: The Unsellables. (R) (T) 4.00 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Doodle Do Making Moments. (R) (T) 7.00 CBBC: Freeform. (R) (T) 7.25 Newsround. (T) 7.30 Hider in the House. (R) (T) 8.00 Mortified. (R) (T) 8.20 Sam and Mark's Guide to Dodging Disaster. (R) (T) 8.30 CBeebies: Big & Small. (R) (T) 8.40 Bob the Builder: Project Build It. (R) (T) 8.50 3rd & Bird. (R) (T) 9.05 Poetry Pie. (R) (T) 9.10 LazyTown Extra. (R) (T) 9.25 Mister Maker. (R) (T) 9.45 Harry and Toto. (R) (T) 9.55 Telly Tales. (R) (T) 10.05 Jakers! (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Schools: Henry's Wives with Terry Deary. (T) 11.10 Class Clips. (T) 11.30 Science Clips Investigations. (T) 11.40 Look and Read. (T) 12.00 Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Coast. (T) 1.10 FILM: The Purple Plain (1954). World War Two drama, starring Gregory Peck. (T) 2.50 Car Booty. (R) (T) 3.20 Royal Ascot. Further live coverage of day four. 5.15 Escape to the Country. (R) (T) 6.00 Eggheads. (R) (T) 6.30 Flog It! (T) 7.00 Mastermind. The final of the general knowledge quiz. Last in the series. (T) 8.00 Gardeners' World. Ornamental grasses and tough prairie plants. (T) 9.00 My Life in Verse: Malorie Blackman. How poetry-inspired black writers in the 1980s. Last in the series. (T) 10.00 Richard Wilson Learns to Drive. The actor prepares for his road trip. After driving automatic cars for the past 30 years, he learns how to use a gear stick again and experiences the thrill of a skidpan. Previously broadcast on BBC4. (T) 10.30 Newsnight. (T) 11.00 Newsnight Review; (T) Weather. (T) 11.35 Cricket: ICC World Twenty20. (T) 12.35 Medium. (R) (T) 1.20 Medium. (R) (T) 2.00 FILM: Satan's Slave (1976). Horror, starring Michael Gough. (T) 3.25 Close.

Pick of the Day

Hotel Babylon (BBC1, 9pm)

When it comes to high gloss guilty pleasures, this is one of the best on the box. Nigel Harman and Anna Wilson-Jones join the cast as fans take another trip into the sexy world of the luxury five-star hotel industry. In episode one, Sam Franklin attempts to check into Hotel Babylon, but has no idea that his ex-wife, Juliet, has been appointed as a trouble-shooter to either shut down or save the hotel. As the day unfolds some disturbing events threaten the hotel's equilibrium and Sam decides to take matters into his own hands. Several phone calls later and Sam Franklin is the new owner of Hotel Babylon much to his ex-wife's annoyance. There's no shortage of goodies in store over the coming weeks, including a Bollywood-style wedding, a celebrity magazine shoot, mafia gangsters, and lots of guest stars checking in. The cast includes Dexter Fletcher as Tony, the colourful and discreet concierge; Emma Pierson as the delectable-but-catty head receptionist Anna, and Martin Marquez as Gino, Babylon's flamboyant head barman. Plus, former Emmerdale star Amy Nutall joins the cast as Melanie Hughes. She joins the cast in episode seven, and Max Beesley will also make a guest appearance as Charlie Edwards.

C4

6.00 The Hoobs. (R) (T) 6.25 The Hoobs. (R) (T) 6.50 Everybody Loves Raymond. (R) (T) 7.20 Big Brother's Little Brother. (T) 7.50 Big Brother. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 The Family: Teen Stories. (R) (T) 10.00 Lifesport TV. (R) (T) 10.30 Vocation, Vocation, Vocation; (R) (T) I've Got This Friend. (R) (T) 11.00 Chill Out; (R) (T) I've Got This Friend. (R) (T) 11.30 Britain's Deadliest Additions; (R) (T) I've Got This Friend. (R) (T) 12.00 News at Noon. (T) 12.30 The City Gardener. (R) (T) 1.05 FILM: The Tall Men (1955). Western, starring Clark Gable. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Coach Trip. (T) 5.30 Come Dine with Me. (T) 6.00 The Simpsons. (R) (T) 6.30 Holyoaks. (T) 7.00 Channel 4 News. (T) 7.30 Health Food Junkies. The world of extreme health food enthusiasts. (R) (T) 8.00 A Place in the Sun: Home or Away. Searching for a B&B in either the Lake District or Italy. (T) 9.00 Big Brother. The next evictee is revealed. (T) 10.00 8 Out of 10 Cats. Claudia Winkleman is among the guests for another edition of the irreverent panel show with Jimmy Carr, Sean Lock and Jason Manford, and rounds of questions based on opinion polls. (T) 10.35 Big Brother. (T) 11.05 The Simpsons. (R) (T) 11.35 Russell Brand's Ponderland. (R) (T) 12.05 AMC: Island Life. (T) 12.40 4Music: JD Set Presents: Broken Records. (T) 12.55 Big Brother Live. 4.00 FreeSports on 4. (R) (T) 4.25 FIVB Beach Volleyball. (T) 5.25 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Miss Spider's Sunny Patch Friends. (R) (T) 6.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 Roary the Racing Car. (R) (T) 6.45 Roobarb and Custard Too. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 The WatWots. (T) 7.15 Little Princess. (R) (T) 7.30 The Mr Men Show. (R) (T) 7.45 Noddy in Toyland. (R) (T) 8.00 Fifi and the FlowerTots. (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pocoyo. (R) (T) 8.50 Bert and Ernie's Great Adventures. (R) (T) 8.55 Chiro. (R) (T) 9.00 The Beeps. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 House Doctor. (R) (T) 12.15 House Doctor. (R) (T) 12.45 Five News. (T) 12.55 Wordplay. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Wordplay Plus. (T) 3.10 FILM: The Long Island Incident (1998). Fact-based drama, starring Laurie Metcalf. 5.00 Five News; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (R) (T) 7.00 Five News at 7. (T) 7.30 Top Trumps: Warships. Ashley Hames flies to a secret location in the Pacific to land on the USS John C Stennis and Robert Jewell boards the HMS Bulwark in the Baltic sea as they compare warships; (R) (T) 7.30 Five News Update. (T) 8.00 Air Force Afghanistan. An Army vet visits the communities around Kandahar air base; (T) 8.00 Five News at 9.00 NCIS. The body of a lance corporal is discovered in an empty house. (T) (T) 10.00 Law & Order: Criminal Intent. A well-known historian is poisoned. (T) 11.00 Criminal Minds. (R) (T) 12.00 Quiz Call. 4.00 The Gadget Show. (R) (T) 4.45 Home and Away. (R) (T) 5.10 Home and Away. (R) (T) 5.35 Home and Away. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 60 Minute Makeover. (R) (T) 3.00 Dickinson's Real Deal. (R) (T) 3.59 London Weather. (T) 4.00 The Biggest Loser. (T) 5.00 Divided. Quiz show, hosted by Andrew Castle, in which three contestants work together to answer up to 15 general knowledge questions and split a cash prize three ways. The clock is ticking and for each second they spend deliberating, the prize fund drops, and they will only win the money if they can all agree on how to divide it at the end of the game. (T) 6.00 London Tonight; Weather. (T) 6.30 ITV Evening News; Weather. (T) 7.00 Emmerdale. Natasha is shocked to discover Mark has bought a flat and calls his bluff by asking to see it. Ryan demands the millionaire stop messing his mother around, prompting Faye to ask her son not to visit him again. Katie is unimpressed when Nathan assumes they can get back together and suspects he let her horses escape from their stable. (T) 7.30 Coronation Street. Molly's success in the fun run sets Kevin's pulse racing, but he resists the temptation to kiss her. Despite her father's objections, Rosie flaunts her money on yet another shopping spree, Eileen hears that Jesse has returned to town, Becky has an unexpected visitor, and Fizz is terrified about Anna's state of mind. (T) 8.00 The Fat Bribes Revisited: Tonight. (T) 8.30 Coronation Street. Tyrone's obsession with Jack and Connie's relationship frustrates Molly after her enjoyable day with Kevin. Luke's motivation is clear as he turns on the charm with Rosie, Eileen uses Amy as an excuse to visit Jesse at the community centre, and Slug aims to make Becky understand how much he has changed. (T) 9.00 Doc Martin. New neighbours look set to disturb the tranquillity of Portwen, upsetting the locals with their unconventional lifestyle and even managing to gategrash an intimate dinner between Martin and Louisa. Meanwhile, a car vandal strikes the village - but agoraphobic village copper PC Penhale is too scared to leave the station and investigate. Martin Clunes stars. (R) (T) 10.00 News at Ten and Weather. (T) 10.25 London News and Weather. (T) 10.35 FILM: Blood Work (2002). Premiere. Thriller, starring Clint Eastwood. (T) 12.40 Nightwatch with Steve Scott: Crime; (R) (T) ITV News Headlines. 1.35 FILM: Dr Jekyll and Mr Hyde (2002). Remake of the classic horror, starring John Hannah. (T) 3.15 ITV Nightscreen.

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Chamas da Vida 1515 Sanguê do Meu Sanguê 1630 Portugal no Coração 1800 Portugal em Directo 1900 Preço Certo 2000 News 2100 Antes Pelo Contrário 2115 Pai à Força 2215 Duelo Final 2315 The Lake House, film 0100 Mad Max, film 0230 Prova de Amor 0500 Telesales

RTP2
0720 Zig Zag 1400 Sociedade Civil 1530 Da Terra ao Mar 1600 The Hottest Places on Earth 1700 Zig Zag 1830 A Fé dos Homens 1900 A Alma e a Gente 1945 Zig Zag 2045 Everybody Hates Chris, series 2115 Grandes Livros 2200 Series 2240 Brothers and Sisters, series 2330 Diga Lá. Excelência 0030 Bastidores 0100 Noites da Dois 0130 Palcos: Madeleine Peyroux 0315 EuroNews 0500 Sociedade Civil

SIC
0600 Sic Notícias 0900 Ligo, Ganhou! 1000 Fátima 1300 News 1415 O Cravo e a Rosa 1530 Contacto 1715 Rebelde Way 1800 Três Irmãs 1900 Nós por Cá 2000 News 2130 Camilo, o Presidente 2200 Salve-se Quem Puder 2300 Caminho das Índias 2345 Podia Acabar o Mundo 0045 Criminal Minds, series 0145 CSI New York, series 0230 Quando o Telefone Toca -channelsm-TV 0700 Diário Da Manhã 1015 Você na TV 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2145 EuroMillions 2200 Deixa Que Te Leve 2300 Flor do Mar 0000 Olhos nos Olhos 0045 Do You Know Me?, film 0245 Sempre a Somar 0430 Law & Order: Special Victims Unit, series 0530 Telesales

Best of the Rest

BBC3
7.00 Doctor Who 7.45 Doctor Who Confidential 8.00 Total Wipeout 9.00 Two Pints of Lager and a Packet of Crisps 9.30 Two Pints of Lager: The Out-Takes 10.00 EastEnders 10.30 Being Human 11.30 Family Guy 11.55 Family Guy 12.15 Coming of Age 12.45 Two Pints of Lager and a Packet of Crisps 1.15 Two Pints of Lager: The Out-Takes 1.45 Ideal 2.15 Bizarre ER 2.45 Being Human 3.45 Coming of Age 4.15 Ideal 4.45 Bizarre ER 5.15 Close

BBC4
7.00 World News Today 7.00 Weather 7.30 BBC Cardiff Singer of the World - Song Prize Final 9.00 Leonard Cohen Live in London 10.30 Leonard Cohen: Songs from My Life 11.10 What Leonard Cohen Did for Me 11.40 Flight of the Conchords 12.10 Sounds of the Sixties 12.40 Leonard Cohen Live in London 1.40 BBC Cardiff Singer of the World - Song Prize Final 3.10 Leonard Cohen Live in London 4.10 Close

ITV2
1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 All Star Family Fortunes 7.45 Creature Comforts 8.00 The Isle of Wight Festival 2009: Highlights 9.00 America's Got Talent 10.00 Katie & Peter: Stateside 11.00 Coronation Street 11.30 Coronation Street 12.00 The Isle of Wight Festival 2009: Highlights 1.00 America's Got Talent 2.00 Teleshopping 5.00 ITV2 Nightscreen 5.05 ITV2 Nightscreen

Sky 1
1.00 Project Catwalk 2.00 Law & Order 3.00 Bones 4.00 Oops TV 4.30 Malcolm in the Middle 5.00 Malcolm in the Middle 5.30 Oops TV 6.00 Futurama 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons

8.00 Guinness World Records Smashed! 9.00 Ross Kemp in Search of Pirates 10.00 Martina Cole's The Take 11.00 Martina Cole's The Take 12.00 Wives 1.00 Road Wars 1.55 Road Wars 2.45 Gladiators G Zone 3.00 Stargate SG-1 3.55 Stargate SG-1 4.40 Airline 5.05 Project Catwalk 5.35 Cruise with Stellos: Caribbean GOLD

1.00 dinnerladies 1.40 The Thin Blue Line 2.20 Only Fools and Horses 3.00 Last of the Summer Wine 3.40 Keeping Up Appearances 4.20 The Brittas Empire 5.00 As Time Goes By 5.40 Last of the Summer Wine 6.20 Last of the Summer Wine 7.00 dinnerladies 7.40 The Thin Blue Line 8.20 Only Fools and Horses 9.00 The Vicar of Dibley 9.40 Jonathan Creek 10.50 The Likely Lads 11.25 The Vicar of Dibley 12.05 Victoria Wood as Seen on TV 12.45 The Two Ronnies 1.45 Posh Nosh 1.55 The New Statesman 3.00 Close

TCM
1.00 One Spy Too Many PG (1966) 3.00 How the West Was Won PG (1962) 6.00 Batman Forever PG (1995) 8.00 The Screening Room PG (1990) 8.30 Caddyshack II PG (1988) 10.55 Heart of Darkness 15 (1993) 1.30 Caddyshack II PG (1988) 2.40 Heart of Darkness 15 (1993) 4.30 Classic Shorts 2008 5.00 One Spy Too Many PG (1966)

The Disney Channel
Kids' programmes from 7am, except: 6.00 Film: Princess Protection Program PG (2009) Premiere. Family comedy, starring Selena Gomez. 10.00 Film: Princess Protection Program PG (2009) Premiere. Family comedy, starring Selena Gomez.

MOVIES

Sky Movies Drama

6.15 The Capture of the Green River Killer 7.50 The Top 10 Show 8.10 Instinct 15 (1999) 10.20 Nobody's Fool 15 (1994) 12.20 Amazing Grace PG (2006) With Ioan Gruffudd. 2.20 The Siege 15 (1998) With Denzel Washington. 4.20 Georgia Rule 15 (2007) With Jane Fonda. 6.20 Sweet Nothing in My Ear PG (2008) With Jeff Daniels. 8.00 Sleuth 15 (2007) With Michael Caine. 9.30 Fracture 15 (2007) With Anthony Hopkins. 11.30 What's Love Got to Do with It 18 (1993) With Angela Bassett. 1.30 Gridlock'd 18 (1997) With Tupac Shakur. 3.15 35MM 3.45 Sam Churchill: Search for a Homeless Man PG (1998) 5.30 Mamma Mia! Stage To Screen

Sky Movies Comedy

7.00 The Most Fertile Man in Ireland 15 (1999) 8.40 Blast from the Past 12 (1999) 10.25 My Fair Eddie PG (2008) 11.55 Code Name: The Cleaner PG (2007) With Cedric the Entertainer. 1.30 Drillbit Taylor 12 (2008) With Owen Wilson. 3.15 Over Her Dead Body 12 (2008) With Eva Longoria Parker. 4.50 Wedding

Daze 15 (2006) With Jason Biggs. 6.25 Code Name: The Cleaner PG (2007) With Cedric the Entertainer. 8.00 Drillbit Taylor 12 (2008) With Owen Wilson. 9.45 Superhero Movie 12 (2008) With Drake Bell. 11.15 Over Her Dead Body 12 (2008) With Eva Longoria Parker. 12.55 Superhero Movie 12 (2008) With Drake Bell. 2.25 Wedding Daze 15 (2006) With Jason Biggs. 4.00 My Fair Eddie PG (2008) 5.30 35MM

Sky Movies Action/Thriller

6.30 The Night of the Hunter 12 (1955) 8.05 Charley Varick 15 (1973) 10.05 Time Bomb 12 (2006) 11.45 No Country for Old Men 15 (2007) With Josh Brolin. 1.50 Pirates of the Caribbean: At World's End 12 (2007) With Johnny Depp. 4.40 Die Hard 18 (1988) With Bruce Willis. 6.55 No Country for Old Men 15 (2007) With Josh Brolin. 9.00 Beowulf 12 (2007) With Ray Winstone. 11.00 Die Hard 18 (1988) With Bruce Willis. 1.15 Night Hawks 18 (1981) With Sylvester Stallone. 3.00 The Krays 18 (1990) With Gary Kemp. 5.05 Back in Business PG (2007)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Under-21s European Championship Football 11.30 Premier League World 11.30 Transworld Sport 12.30 Live Women's ICC World Twenty20 Cricket. The second semi-final. 4.30 Live ICC World Twenty20 Cricket. The second semi-final. 9.30 Live Friday Night Fight. Ricky Burns v Kevin O'Hara. 11.30 Under-21s European Championship Football 1.30 Friday Night Fight 3.30 ICC World Twenty20 Cricket 5.30 Ocean Race

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Ocean Adventures 7.00 ICC World Twenty20 Cricket 9.00 Royal Ascot Preview 10.00 ICC World Twenty20 Cricket 12.00 Under-21s European Championship Football 2.00 Premier League World 2.30 IAAF Athletics Weekly 3.00 Live US Open Golf. The second day's play at Bethpage State Park in New York. 12.00 ICC World Twenty20 Cricket 2.00 Time of Our Lives 3.00 Under-21s European Championship Football 5.00 World Sport 5.30 Ocean Adventures

Sky Sports 3

6.00 WWE: Raw 9.00 US Open Golf 1.00 Race World 2.00 Ocean Adventures 2.30 Live Under-21s European Championship Football. Sweden v Italy (Kick-off 3.00pm). 5.00 Live Under-21s European Championship Football. Belarus v Serbia (Kick-off 5.15pm). 7.30 Live Super League. Huddersfield Giants v Castleford Tigers (Kick-off 8.00pm). 10.00 World Sport 10.30 Time of Our Lives 11.30 WWE: Late

Night - Smackdown 1.30 WWE: Late Night - Bottom Line 2.30 Tight Lines 3.30 Super League 5.30 IAAF Athletics Weekly

British Eurosport

7.30 Powerboating 8.00 International Football 9.30 WTA Tennis 11.30 Live WTA Tennis. The AEGON International semi-finals. 6.15 Live Rallying. The Ypres Westhoek Rally. 7.15 Live Rallying. Stage two of the Rally Transiberico. 7.45 World Superbikes 8.45 F1: The Factory 9.15 euroCRASH! 9.30 Rallying 10.00 Live Rallying. The Ypres Westhoek Rally. 11.00 F1: The Factory 11.30 Yoz Magazine 12.30 Close

Sky Sports Xtra

7.00 Rugby League 9.00 Premier League Years 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Ocean Adventures 12.30 IAAF Athletics Weekly 1.00 Rugby League 3.00 NFL: Total Access 4.00 WWE: Raw 7.00 Tight Lines 8.00 Ocean Race 8.30 Under-21s European Championship Football 10.30 Tight Lines 11.30 NFL: Total Access 12.30 Super League 2.30 World Sport 3.00 NFL: Total Access 4.00 Race World 5.00 Transworld Sport

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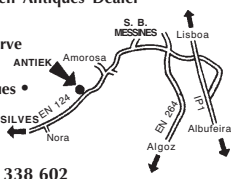
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ST. ANDREW'S CHURCH OF SCOTLAND (PRESBYTERIAN) Rua Arriaga, 13, Lisbon: Sun. 11.00. Minister's Tel: 214 837 885. www.standrews-lisbon.com.sapo.pt
CASCAIS INTERNATIONAL CHRISTIAN CHURCH Av. de Sintra, N.º 1154, Cascais (Tel: 21 486 1856). Sunday English worship 10.30 Portuguese at 17.30. An international evangelical fellowship, nursery provided, children's church programme, mid-week bible studies.

THE SALVATION ARMY, LISBON Reboleira Corps (Praceta Almada Nogueira, Lote 213 Loja D, do Exército 11 A); Chelas Corps (Rua Rui de Sousa, Lote 65 A Loja C); Laranjeiras Corps (Bairro de Laranjeiras). At all these corps: Morning Service 9.30am Salvation Meeting 5.00pm Picheleira Corp Rua Capitão Roby, Picheleira, Lisbon (21 805708).

IGREJA DE CRISTO (CRISTA)
Carcavelos, Rio de Moura & Lisbon. At all three centres, services in Portuguese, bilingual counselling. (Tel. 21 2461596).
LISBON SYNAGOGUE: Rua Alexandre Herculano 59, Tel 213 931 130 Fax 21 388 4304 e-mail: celesboa@mail.telepac.pt

IGREJA BAPTISTA de Queijas (close to Cascais) Rua Carlos Santos 8B, Queijas Near the Olympic Stadium off the A5, Tel: 214 172 087. Sunday Service: English 10:15 / Portuguese 12:00 Prayer and Bible Study: Thursday 8pm Traditional Baptist Service in English followed by Sunday School

JEHOVAH'S WITNESSES - Public Talk in English, Rua João de Deus, 76, Sintra. (Behind Sintra train station). Sunday 1.30pm. Tel: 214 690 600. No collection. Also Rua da Barroca, 122 (Bairro Alto), Lisbon. Sunday 11am. Tel: 213 421 604. (Chinese: Saturday 3pm) No collection.

The Algarve

CHURCH OF ENGLAND ST. VINCENT'S ANGLICAN CHAPLAINCY Holy Communion every Sunday in our three congregations: 11.30am St Luke's, Monte de Palhaqueira, Gorjões (Near Sta Barbara). Contact Sandra 289 791 699 & 919055959.9:30am Igreja N Sra de Fátima, EN125 between Quatro Estradas & Almacil. Contact Rosie 289 328 302.8:00am and 12noon Igreja N Sra da Luz, Praia da Luz (near Lagos) with Sunday School. Contact Joyce 282 788 104. More info: www.stvincents.algarve.org
ALL SAINTS ANGLICAN CHURCH, ALGARVE - Contemporary, Evangelical worship. Sundays: Holy Communion Service with Crèche and Adventurers. 10.30 am

Community Centre, Almacil (ASCA - Associação Social e Cultural de Almacil). Service in Lagoa at Lagoa Convent Chapel 6pm. Details from 282 380311 or www.allssaintsalgarve.org. See our website for dates of Services of Holy Communion.

CENTRO CRISTÃO FONTEDEVIDA Pentecostal Church, Sítio do Paul, Estrada do Sargacal, Sargacal 8600 Lagos. Apartado 4388601/905. Fridays Youth meeting at 09.00 p.m. Sundays 10.00 a.m. Tel: 282 764 040 Fax: 282 799 518 Website www.fontevinda.org

THE EVANGELICAL BAPTIST CHURCH of Lagos. Service 6pm. Urb. Vila Praia da Dona Ana, Lote 11b, Lagos. (Nr. Hotel Golfinho). Information 282 768 088.

THE SALVATION ARMY in São Brás de Alportel will hold on the 1st Sunday of each month an International Worship Service at the Salvation Army Citadel in São Brás at 5pm, Rua 25 de Abril, n.º 19 (next to the Market).

CATHOLIC MASS every Sunday partly in English - 11am. at St. Lourenço Church - Almacil - 6.30pm. at Four Seasons Country Club - Quinta do Lago - Almacil. Further information, Griselda Neto on 965168120 or Vitor on vgn@domopor.com).

INTERNATIONAL CHRISTIAN FELLOWSHIP International Christian Fellowship in Portimão. Sundays at 11am. * Sunday School for Children in English & Portuguese * Avda 25 de abril 17 r/c-D, Portimão) *opposite public swimming pool (piscina municipal) *Tel 282 461 985. Website: www.coaa.co.uk/ictf.htm.

LIVING HOPE BAPTIST CHURCH English speaking services every Sunday 5 p.m. About 100m North of bullring circle in Albufeira. For more information contact pastor Mark: 964860765. Or email: pastor@ibev.pt

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INTERNATIONAL COMMUNITY CHURCH in Lagos invites you to attend its services in English on Sundays at 11.00am. Sunday School for children. 5 Travessa de Santo Amaro, Lagos, Tel. 282-086804 or 282-697546, www.icc-lagos.org.

INTERNATIONAL EVANGELICAL CHURCH OF THE ALGARVE Warmly welcomes residents & visitors of all nationalities and denominations to their Sunday Services in Vale Judeu at 10.30. See our blue sign on the N125 between the Vilamoura entrance & the Atlântico Waterslide Park. Services in

English, creche and Sunday School. For further information: 289 328635.

LAGOA CHRISTIAN FELLOWSHIP An international English speaking church. Contemporary worship and Christ-centred study of the Bible. "God Squad" for kids, toddler thru pre-teen. Service every Sunday 11am to 12.30 pm. Portuguese translation available. Address: EN125 - Vale de Lousas, Alcantarilha. Pastor Alípio Amaral Tel. 282 381347. Visit our website at www.lagoafellowship.com

TAVIRA CHRISTIAN CENTRE Meetings in English, Sundays at 10.30 am at 126 Rua Almirante Cândido Reis. Full programme and further details from Jackie 281 322 857, Geoff 969 100 121 or Maria 966 380 404. E-mail: jackieandmo@yahoo.co.uk

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SALVATION ARMY Service Sundays at 10.45am in Portuguese. Bible studies for children, adolescents and adults in Portuguese starting at 9.30 until 10.30. Rua 25 de Abril, nr. 19, São Brás de Alportel

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JEHOVAH'S WITNESSES - Public Talk in English. The New Kingdom Hall of Jehovah's Witnesses, 25. Largo Emgenbeiro Sarrea Prado, Portimão (Next door to the University). Saturday 4pm. School Tuesday 7.30pm Tel: 282 485 495. (Chinese: Saturday 4pm) No collection. Also Rua Bartolomeu Dias, Albufeira. (Next to the Junta da Freguesia). Sunday 10.15 am. School Wednesday 7.45pm Tel: 282 442 279.

Oporto
GREATER GRACE INTERNATIONAL FELLOWSHIP has contemporary Christian gatherings on Sunday afternoons at 3rd Baptist Church, Rua Estacosa 133, Porto, & Saturday evenings on the 1st floor at Confeitaria Palacio, Porto (across

from the "Emergency" entrance of Hospital Santo António); for meeting times, details and updated schedule visit www.NovaAurora.com, call 220 994 785 or send an SMS to 917 112 736.

RIVERSIDE PORTO INTERNATIONAL CHURCH - Oporto. A church that is fun and enriching; Bible based and relevant. Caring, supportive and international. Interdenominational meetings from 6pm Sundays at 1642 Avenida Sacadura Cabral, Aguda, VNG, between Aguda railway station and Miramar golf course. Call Tina or Bill Mason on 227 627 643 or 914 949 611 contact@riversideporto.com or www.riversideporto.com

ST. JAMES'S CHURCH, ANGLICAN CHAPLAINCY OF OPORTO. Largo da Maternidade, Júlio Dinis. Sun. 11am Details from Chaplain (22) 609 1006. www.stjamesporto.org

THE SALVATION ARMY OPORTO Pereiro Corps (Av. Vaso da Gama No: 675-2 E Ramalde), Service 10am, Salvation

Meeting 5.00pm. Coloras Corps. (Av. dos Bombeiros Voluntários; Tel: 22 929 1077) Sun. 10am. Thurs 4.00pm Ladies Home League Meeting.

JEHOVAH'S WITNESSES - Public Talk in English. Praça Don Afonso V, 168. Sunday 10.30am. Tel: 226 160 976. No collection.

Caldas da Rainha

ANGLICAN EVENING WORSHIP IN ENGLISH. At 6:00pm on the first Sunday of each month, except in August and January. Held in the Evangelical Baptist Church, Rua Dr. José Saudade e Silva 27/29 (between Caldas da Rainha Railway Station and "Pingo Doce". All welcome.

JEHOVAH'S WITNESSES - Public Talk in English. Rua Adelino Amaro da Costa, next to CERCIP. 2520 Peniche, Obidos. Sunday 11am (1º & 2º Sunday of the month). No collection.

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su

do

ku

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. That's all there is to it. There's no maths involved. The grid has numbers, but nothing has to add up to anything else. You solve the puzzle with reasoning and logic. It's fun. It's challenging. It's addictive! Solving time is typically from 10 to 30 minutes, depending on your skill and experience.

8	4				9	2
9		1		3	4	8
	6		9		7	5
7				5		1
	3		4		2	8
5		9		2	8	4
3	2				7	6

Last weeks solution:

6	4	2	7	5	3	8	9	1
3	9	1	6	8	2	4	7	5
7	5	8	4	1	9	3	6	2
5	1	4	8	2	7	6	3	9
2	8	7	9	3	6	5	1	4
9	6	3	1	4	5	7	2	8
8	2	5	3	6	1	9	4	7
1	7	6	5	9	4	2	8	3
4	3	9	2	7	8	1	5	6

For **tips** on how to solve Sudoku puzzles, browse the **forums**, go to www.sudoku.com

1	2	3	4	5	6	7
8				9		
			11			
10			12			
		13			14	
				15		
16					17	18
					19	
20				21		
22					23	

ACROSS

- Step (5)
- Stuffed (7)
- Respire (7)
- Jokes (5)
- Consumes (4)
- False belief (8)
- Uncovered (4)
- Leg joint (4)
- Usually (8)
- Tardy (4)
- Farewell (5)
- French sailor (7)
- Child's room (7)
- Blunted (5)

DOWN

- Cape Town landmark (5,8)
- Build (5)
- Obligation (4)
- Gifted (6)
- Postpones (8)
- Huge (7)
- Impartial (13)
- Animal (8)
- Obstruction (7)
- Awkward (6)
- Distribute (5)
- Stump (4)

Answers Crossword Nº 244
Across: 3 Adversity; 8 Lees; 9 Behaviour; 10 Eroded; 11 Steer; 14 Incur; 15 Rein; 16 Dying; 18 Tale; 20 Radio; 21 Emmet; 24 Terror; 25 Disregard; 26 Snug; 27 Enhearten.
Down: 1 Alleviate; 2 Reconcile; 4 Deed; 5 Exact; 6 Shiver; 7 Thus; 9 Beard; 11 Swift; 12 Rendering; 13 Encourage; 17 Greed; 19 Emerge; 22 Eager; 23 Sign; 24 True.

Crossword Nº. 245

Upward Glance

with Joyce Voelker

Like Father, Like Son

Whenever people meet one of our three daughters they remark about how much each looks like me. There is nothing unusual about children looking or even acting like one of their parents. At times the resemblance is merely physical. At other times mannerisms, expressions, and even body language let others know they belong to Cal and Joyce Voelker.

Last week at church someone came up and congratulated me. "Congratulations! Your son is getting married." Imagine my confusion, since we have three daughters, two sons-in-law but no sons. The church family that day had presented a wedding gift to a young American who rides to church with us each Sunday. He plays guitar in the worship band with my husband, sits with us during the service, goes out to eat with us afterwards and even spends a lot of time in our home. He is a teacher at the school where we both are employed and, like us, his understanding and use of Portuguese is somewhat limited due to spending Monday through Friday in an all English environment. He is the same age as our middle daughter so obviously we are the right age to be his parents. Craig even looks a little bit like us with brown hair and blue eyes. He is a pleasant, intelligent and godly young man and though he is not our son, we are not offended at all when people think that he is. It is an easily understood mistake.

Last week was not the first time someone at church mistakenly thought Craig was our son. Every time someone asks, we take it as a compliment. We hope he doesn't mind being mistaken as one of our kids. The more I thought about the confusion, the more it made me wonder if people looking at me see any resemblance or likeness to my heavenly father. Do my behavior, speech, and attitudes let others know that I am a child of God? Or do they mistake me for a child of this world?

"In the same way, let your light shine before men, that they may see your good deeds and praise your Father in heaven."
Matthew 5:16

*More information about how to have a relationship with God can be found at www.rbc.org/personal_relationship_with_god.page

Announcements

LONELY? BORED? Come and join out happy helpers and fund-raisers, 3 to 4 hours a week (or more!) Our charity shops welcome you. Every Euro raised goes to animals rescued from distress. Call Nan Richards at the Donkey Sanctuary in Estômar for details of our work. Tel: 962 633 811.



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Charities

THE ANIMAL charity shop in Montechoro needs volunteers to help in the shop & to transport animals to the vet or abandoned animal's home 'Quintinha dos Animais' at Goldra, which receives part of the shops profits. Any help appreciated. Lesley - mobile 962 414 584.

CAR BOOT Sale held every 3rd Sunday of the month at 'Restaurant Quinta dos Areôes', adjacent to the veterinary clinic, in Espiche. Stallholders pay €3. All proceeds to help abandoned animals. Call Michele on 919 457 263 or e-mail me on Happyhounds@mail.telepac.pt for more information.

WANTED: THE donkey sanctuary needs your unwanted furniture, clothes, books and bric-a-brac for our charity shops in Lagoa and Monte Carvoeiro, all proceeds to aid donkeys in distress. We will collect larger items. Call Nan Richardson, mobile 962 633 811, for details of our work for animal welfare. Please help.

TAVIRA TREASURE Charity Shop. Tavira Christian Centre. 126, Rua Almirante Candido Reis, Tavira. Come and browse. Come and bring. Clothing, Bric-a-brac, Books. Open Wednesdays, 2.30-4.30pm or phone 281 322 857 for further details. Volunteers needed so we can open more frequently.

APAA CHARITY SHOPS Cerro Grande, Albufeira open Tuesday to Saturday 10.30am to 2pm. Dunas de Alvor open Tuesday to Sunday 10.30am to 2pm. Good quality clothes, bric-a-brac, books, jigsaws, etc. Stock and new volunteers always welcome. Help us to help stray and abandoned dogs and cats.

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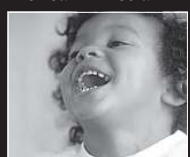
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Portugal squeeze in a much needed victory



Portuguese players celebrate during the world cup qualifying football match against Albania, at Qemal Stafa Stadium, in Tirana, Albania on 6th June. (Photo: Lusa/ Paulo Novais)

Scolari takes on Uzbekistan challenge

The former Chelsea and Portugal manager is heading to Uzbekistan to coach Bunyodkor next season, on an 18 month contract, with hopes of improving the quality of football in the country.

Luiz Felipe Scolari accepted Bunyodkor's offer as he was extremely satisfied with their project, which is looking to develop football in Uzbekistan: "It is a project that needs to be launched in a different way, as was proposed to me, so that, in

four, five or even ten years time Uzbekistan can contemplate qualification into all the championships to be played" said the Brazilian coach.

He also took time to laud the conditions of the club that will be receiving him, especially the club's new stadium, which should be ready in March 2010 and includes seven training pitches.

The Brazilian coach will be coaching Rivaldo once again, and guarantees other great players

will be joining the team in the near future.

Speaking of his own long term future, Scolari has not put aside continuing his career in Europe, although he would like to end his coaching life in Brazil: "I have spent 13 years out of Brazil and, as I am in the final phase of my career, I am thinking of working another four or five years. Who knows if I will have the chance of returning home in 2010 or 2011 and work for a Brazilian team" he added.

Portugal started against Albania needing a win if they were still to have a chance of progressing through the group stages of the 2010 South Africa World Cup.

With all of Portugal's key players in the first eleven, they were strong favourites to take the essential three points, but this was also true on their other qualification matches and results did not follow predictions.

In the first half of the game Portugal were struggling with Albania's constant pressure the whole length of the pitch, forcing many mistakes from the Portuguese players. Portugal seemed to be on their back foot, even more so as the referee did not seem to sanction Albania players for several appalling tackles, which also brought frustration to the national squad.

The first play down the right flank created Portugal's first goal, with a tricky cross from Bosingwa bouncing in front of the keeper and meeting Hugo Almeida's head, who easily placed the ball into the back of the net.

Portugal displayed poor professionalism as they lost their concentration after scoring the goal, and paid the price as Albania surprised them with a goal less than two minutes later, thanks to a header from Bogdani that beat Eduardo.

Portugal ended their spell of draws by beating Albania 2-1 last Saturday, but the victory did not come without some tense moments as the winning goal only arrived minutes from the end.

From that point on, Albania resorted to time-wasting to ensure they left with one point, a satisfactory result for them, but not for Portugal. It was this action from Albania that finally bit them back as the referee gave an extra five minutes of injury time at the end of the match.

After struggling to find opportunities the whole second half, despite several substitutions (Nani, Simão and Edinho replacing Ricardo Carvalho, Boa Morte and Hugo Almeida), it seemed like Albania had their draw in the bag as the score remained unchanged after 90 minutes. But, minutes from the fi-

nal whistle, Raul Meireles sent in a long cross which flew high over to the far post, where Bruno Alves jumped higher than the keeper to score Portugal's winning goal. Had it not been Bruno Alves' jumping capability, it would most definitely not have been a goal.

At the final whistle, the Albania players looked distraught with the result, whilst Portugal had overcome their three straight draws.

Portugal, now in third place in their group, four points behind Hungary and seven behind Denmark, face Denmark away in their next fixture, on September 5th.

Second Division clubs demoted over match-fixing

The Portuguese League of Professional Football (LPFP) ruled the demotion of Gondomar and Vizela from the Second Division, to regional divisions, due to corruption charges relating to games held in 2002/2003.

Both teams competed in the Second Division B this season, but the penalty will not make much difference, in terms of sport, to Gondomar as they finished at the bottom of their divi-

sion and relegation was already expected.

Vizela's demotion will come as a great relief to Boavista though, as it will save them from relegation.

Both teams had until Friday to appeal to the Portuguese Football Federation's Justice Council and, at the time of going to press, it was not known whether the relegation would stand or not.

Olhanense to generate millions for region

Having been promoted to the first league of Portuguese football at the end of the 2008/2009 season, Olhanense's success is estimated to generate €1.5 million revenue for local commerce.

"Olhanense's presence in the main division of national football should represent around €100,000 in revenue per game for local commerce" said the Mayor of Olhão Isidoro Sousa.

As the team will be playing at least fifteen games at home for the championship, the estimated revenue for the City is around 1.5 million, to which the League Cup and Portugal Cup will also add more revenue.

This positive outlook was one of the justifications for the €900,000 modernization of the current stadium: "It wouldn't make sense Olhanense not playing in Olhão, that was a bad idea [of going to the Algarve Stadium]: Olhanense is from Olhão

and a prime selling point of the Council, the promotion has put the Council on the map and will now constantly be presented by the media" explained Francisco Leal.

Renovations at the stadium began on Wednesday, which include improvement of the boxes and press centre, as well as moving the pitch towards the central stands. Over the following

weeks, electric cabling is being set up for TV transmission, budgeted at €500,000, and a removable stand will be built. A second pitch is also in the Council's plans, to allow players to use it as a training ground.

The stadium will have a 12,000 capacity after the renovations, with the removable stand adding a further 3,000 seats for the 'bigger' games.



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